



IN-PERSON BRANCH GROUP EXERCISE SCHEDULE

REGISTRATION NOT REQUIRED UNLESS INDICATED* | TGFYMCA.ORG | THE GATEWAY FAMILY YMCA
 YMCA GROUP EXERCISE CLASS ENTRY IS FIRST COME, FIRST SERVE

FALL 2 2024

OCTOBER 28—DECEMBER 22

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
FIVE POINTS BRANCH 201 Tucker Avenue, Union					
WATER EXERCISE 9:00-10:00am Terry 10:00-11:00am Terry ACTIVE OLDER ADULTS 9:00-10:00am Linda ACTIVE OLDER ADULTS Arthritis Management 10:15-11:15am Linda STRETCH & FLEX 6:30-7:30pm Lucero	ACTION AGAINST ARTHRITIS 8:00-9:00am Linda 9:15-10:15am Linda WATER EXERCISE 9:00-10:00am Terry 10:00-11:00am Terry TAI CHI 10:30-11:30am Linda ZUMBA TONING 6:45-7:30pm Terry WATER EXERCISE 7:45-8:30pm Terry	WATER EXERCISE 8:00-9:00am Terry ACTIVE OLDER ADULTS 9:00-10:00am Linda ENHANCE FITNESS 10:15-11:15am Linda	ACTION AGAINST ARTHRITIS 8:00-9:00am Linda 9:15-10:15am Linda WATER EXERCISE 9:00-10:00am Beth 10:00-11:00am Beth TAI CHI 10:30-11:30am Linda	WATER EXERCISE 9:00-10:00am Diana 10:00-11:00am Diana ACTIVE OLDER ADULTS Arthritis Management 10:15-11:15am Linda	THANKSGIVING All Branches are closed for the holiday. Work off your Turkey with YMCA360!
<div style="border: 1px solid purple; padding: 5px;"> All Classes begin on time. Please be courteous to your fellow members and arrive early. </div>					
WELLNESS CENTER BRANCH 1000 Galloping Hill Road, Union					
CYCLING I S 6:00-6:45am Garnet BUTTS & GUTS I S1 8:15-8:45am Wendy YOGA I S4 9:00-10:00am Andrea ZUMBA I S1 9:00-10:00am Garnet DANCE FOR HEALTHY LIFESTYLE I S4 10:15-11:00am Jan ENHANCE FITNESS I S1 11:15-12:15pm Martha ENHANCE FITNESS I S1 12:30-1:30pm Martha SLOW VINYASA YOGA I S4 6:00-6:45pm Shaheda BODY PUMP I S1 6:00-6:45pm Kelly ZUMBA I S1 7:00-8:00pm Garnet CORE EXPRESS I S1 8:15-8:45pm Monica	HIIT I S1 6:00-6:45am Kathy WALKING CLUB 9:30-10:30am Gwen YIN YOGA I S4 9:15-10:15am Donna FIRM & FIT I S1 9:15-10:15am Wendy CYCLING I S 9:30-10:30am Curtis PILATES I S4 10:30-11:15am Wendy BOOT CAMP I S1 5:00-6:00pm Cynthia FIRM & FIT I S1 6:00-6:45pm MaryLou YOGA I S4 6:00-7:00pm Lisa CYCLING I S 6:15-7:15pm Fabiola STRENGTH & CORE I S1 7:00-8:00pm Taryn BARRE I S4 7:30-8:30pm Allison LATIN FUSION I S1 8:00-9:00pm Taryn	CYCLING I S 6:00-6:45am Garnet ZUMBA I S1 9:00-10:00am Garnet YIN YOGA I S4 9:15-10:15am Donna CHAIR YOGA I S1 10:15-11:00am Andrea ENHANCE FITNESS I S1 11:15-12:15pm Martha WISE CARDIO JAM I S1 2:00-3:00pm Susan YOGA I S4 6:00-7:15pm Lisa ZUMBA I S1 7:00-7:45pm Taryn CIRCUIT TRAINING I S1 8:00-8:45pm Monica	HIIT I S1 6:00-6:45am Kathy BLOOD PRESSURE SM 9:00-10:00am Jodi <i>Community Members Welcome</i> FIRM & FIT I S1 9:15-10:15am Wendy PILATES I S4 10:30-11:15am Wendy LIVESTRONG AT THE Y* 1:00-2:00pm 9/17-12/5 ZUMBA I S1 5:00-6:00pm Garnett POWER YOGA I S4 6:15-7:00pm Fabiola TAI CHI I S1 6:30-7:30pm Rick ZUMBA I S1 7:30-8:15pm Kimberly RESTORATIVE YOGA I S4 7:30-8:30pm Lisa *2 Blankets Required	CYCLING I S 6:00-6:45am Garnet COFFEE TIME SOCIAL 9:00-12:00pm ZONE 2 CARDIO I S1 8:00-8:45am Laura BODY PUMP I S1 9:00-9:45am Kelly BODY WORKS I S4 9:00-9:45am MaryLou ZUMBA I S1 10:00-11:00am Garnet SILVERSNEAKERS I S1 11:30-12:15pm JoAnn BALANCE I S4 11:30-12:30pm Walt 11/8, 11/15, 11/22, 12/6, 12/13, 12/22 CHAIR YOGA I S1 12:30-1:15pm JoAnn WISE CARDIO JAM I S1 2:00-3:00pm Susan ZUMBA DANCE PARTY I S1 6:00-7:00pm Awilda MOVIE NIGHTS All Ages 5:00-7:00pm Check Branch for Dates	YOGA I S4 8:00-9:15am Lisa CORE EXPRESS I S1 8:15-8:45am Monica 11/2, 11/9, 12/7, 12/14 BODY WORKS I S1 9:00-9:45am MaryLou CYCLING I S 9:30-10:15am Kathy/Allison ZUMBA I S1 10:00-11:00am Awilda RESTORATIVE YOGA I Lisa 10:00-11:00am 11/2, 12/7
					<div style="border: 1px solid purple; padding: 5px;"> SUNDAY </div>
					VINYASA YOGA I S4 8:00-9:15am Lisa PIYO I S1 8:00-9:00am Fabiola CYCLING I S 9:15-10:00am Fabiola ZUMBA I S1 9:30-10:30am Briana
<div style="border: 1px solid purple; padding: 10px;"> PERSONAL TRAINING, SEMI-PRIVATE PERSONAL TRAINING, YOGA PRIVATE & SEMI-PRIVATE TRAINING AVAILABLE! Personal Training Available at Elizabeth, Rahway & Wellness Center Branches. 4 Sessions – 45 Minutes, Schedule with your Branch </div>					



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
ELIZABETH BRANCH 135 Madison Avenue, Elizabeth					
BOOTY TONE 6:15-7:00pm Katy	CYCLING 9:15-10:00am Cynthia 7TH GRADE INITIATIVE WELLNESS PROGRAM (7th Graders Only) 3:15-4:15pm Rafael ZUMBA TONING 6:15-7:00pm Damaris	BOOT CAMP 9:00-9:45am Cynthia ENHANCE FITNESS ARTHRITIS MANAGEMENT 11:00-11:45am Cynthia 7TH GRADE INITIATIVE WELLNESS PROGRAM (7th Graders Only) 3:15-4:15pm Rafael BOOT CAMP 6:15-7:00pm Cynthia	CYCLING 9:15-10:00am Cynthia 7TH GRADE INITIATIVE WELLNESS PROGRAM (7th Graders Only) 3:15-4:15pm Rafael ZUMBA TONING 6:15-7:00pm Damaris	BOOT CAMP 9:00-9:45am Cynthia ENHANCE FITNESS ARTHRITIS MANAGEMENT 11:00-11:45am Rafael BLOOD PRESSURE SM 12:15-1:15pm Rafael <i>Community Members Welcome</i> 7TH GRADE INITIATIVE WELLNESS PROGRAM (7th Graders Only) 3:15-4:15pm Rafael BOOT CAMP 6:15-7:00pm Cynthia	YOGA 9:30-10:30am Monica (Limited Space—Please Sign in at Welcome Center)
Classes begin on time. Please be courteous to your fellow members and arrive early.					
RAHWAY BRANCH 1564 Irving Street, Rahway					
WATER AEROBICS 9:00-9:45am Carolyn CHAIR YOGA 11:30-12:15pm JoAnn FITNESS TOGETHER (Age 4+) 6:00-6:45pm Leeanne	BLOOD PRESSURE SM 8:00-9:00am Leeanne <i>Community Members Welcome</i> ALL AROUND AQUA! 9:00-9:45am Staff SILVERSNEAKERS 9:15-10:00am Leeanne YOGA 10:30-11:30am Luis ZUMBA 6:00-6:45pm Garnet	AQUA YOGA 9:00-9:45am Carolyn CHAIR PILATES 9:30-10:30am EJ ZUMBA 10:45-11:30am EJ SILVERSNEAKERS 12:30-1:15pm JoAnn CYCLING 5:00-5:45pm Cynthia MEMBER SOCIAL EVENTS 5:00-6:45pm 9/18 & 10/16 <i>Community Members Welcome</i> STRENGTH 7:00-8:00pm Leeanne	WATER EXERCISE 9:00-9:45am Denise SILVERSNEAKERS 9:15-10:00am Leeanne DIABETES MANAGEMENT PROGRAM* 11:00-12:30pm (Includes lunch) 10/3-11/7 Register Online https://bit.ly/DMPRahway <i>Community Members Welcome</i>	WATER AEROBICS 9:00-9:45am Carolyn CHAIR YOGA 10:00-10:45am JoAnn MEMBER SOCIAL EVENTS 10:30-11:45am 9/20 & 10/18 <i>Community Members Welcome</i>	YOGA 9:15-10:15am Luis

PERSONAL TRAINING, SEMI-PRIVATE PERSONAL TRAINING, YOGA PRIVATE & SEMI-PRIVATE TRAINING AVAILABLE!
 Personal Training Available at Elizabeth, Rahway & Wellness Center Branches.
 4 Sessions – 45 Minutes, Schedule with your Branch

Schedule is subject to change. Please follow our Mobile App for updates.

ALWAYS CONNECTED, STAYING INFORMED



**THE GATEWAY FAMILY YMCA
YMCA360 MOBILE APP**

