



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

WINTER 2025
 DECEMBER 30—FEBRUARY 23

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

FIVE POINTS BRANCH 201 Tucker Avenue, Union

<p>WATER EXERCISE 9:00-10:00am Terry 10:00-11:00am Terry</p> <p>ACTIVE OLDER ADULTS 9:00-10:00am Linda</p> <p>ACTIVE OLDER ADULTS Arthritis Management 10:15-11:15am Linda</p> <p>STRETCH & FLEX 6:30-7:30pm Lucero</p>	<p>ACTION AGAINST ARTHRITIS 8:00-9:00am Linda 9:15-10:15am Linda</p> <p>WATER EXERCISE 9:00-10:00am Terry 10:00-11:00am Terry</p> <p>TAI CHI 10:30-11:30am Linda</p> <p>ZUMBA TONING 6:45-7:30pm Terry</p> <p>WATER EXERCISE 7:45-8:30pm Terry</p>	<p>WATER EXERCISE 8:00-9:00am Terry 9:00-10:00am Terry</p> <p>ACTIVE OLDER ADULTS 9:00-10:00am Linda</p> <p>ENHANCE FITNESS 10:15-11:15am Linda</p>	<p>ACTION AGAINST ARTHRITIS 8:00-9:00am Linda 9:15-10:15am Linda</p> <p>WATER EXERCISE 9:00-10:00am Beth 10:00-11:00am Beth</p> <p>TAI CHI 10:30-11:30am Linda</p>	<p>WATER EXERCISE 9:00-10:00am Diana 10:00-11:00am Diana</p> <p>ACTIVE OLDER ADULTS Arthritis Management 10:15-11:15am Linda</p>	
All Classes begin on time. Please be courteous to your fellow members and arrive early.					

WELLNESS CENTER BRANCH 1000 Galloping Hill Road, Union

<p>CYCLING I S 6:00-6:45am Garnet</p> <p>BUTTS & GUTS I S1 8:15-8:45am Wendy</p> <p>GENTLE YOGA I S4 9:00-10:00am Andrea</p> <p>ZUMBA I S1 9:00-10:00am Garnet</p> <p>DANCE FOR HEALTHY LIFESTYLE I S4 10:15-11:00am Jan</p> <p>ENHANCE FITNESS I S1 11:15-12:15pm Martha</p> <p>ENHANCE FITNESS I S1 12:30-1:30pm Martha</p> <p>SLOW VINYASA YOGA I S4 6:00-6:45pm Shaheda</p> <p>BODY PUMP I S1 6:00-6:45pm Kelly</p> <p>ZUMBA I S1 7:00-8:00pm Garnet</p> <p>CORE EXPRESS I S1 8:15-8:45pm Monica</p>	<p>HIIT I S1 6:00-6:45am Kathy</p> <p>WALKING CLUB 9:30-10:30am Gwen</p> <p>YIN YOGA I S4 9:15-10:15am Donna</p> <p>FIRM & FIT I S1 9:15-10:15am Wendy</p> <p>CYCLING I S 9:30-10:30am Curtis</p> <p>PILATES I S4 10:30-11:15am Wendy</p> <p>SENIOR FIT S1 11:00-11:45am Martha</p> <p>BOOT CAMP I S1 5:00-6:00pm Cynthia</p> <p>FIRM & FIT I S1 6:00-6:45pm MaryLou</p> <p>YOGA I S4 6:00-7:00pm Lisa</p> <p>CYCLING I S 6:15-7:15pm Fabiola</p> <p>BARRE I S4 7:30-8:30pm Allison</p>	<p>CYCLING I S 6:00-6:45am Garnet</p> <p>ZUMBA I S1 9:00-10:00am Garnet</p> <p>YIN YOGA I S4 9:15-10:15am Donna</p> <p>CHAIR YOGA I S1 10:15-11:00am Andrea</p> <p>ENHANCE FITNESS I S1 11:15-12:15pm Martha</p> <p>WISE CARDIO JAM I S1 2:00-3:00pm Susan</p> <p>YOGA I S4 6:00-7:15pm Lisa</p> <p>ZUMBA I S1 7:00-7:45pm Briana</p> <p>CIRCUIT TRAINING I S1 8:00-8:45pm Monica</p>	<p>HIIT I S1 6:00-6:45am Kathy</p> <p>BLOOD PRESSURE SELF-MONITORING 9:00-10:00am Jodi Community Members Welcome</p> <p>FIRM & FIT I S1 9:15-10:15am Wendy</p> <p>LINE DANCING S1 10:30-11:30am Greg</p> <p>PILATES I S4 10:30-11:15am Wendy</p> <p>ZUMBA I S1 5:00-6:00pm Garnett</p> <p>POWER YOGA I S4 6:15-7:00pm Fabiola</p> <p>TAI CHI I S1 6:30-7:30pm Rick</p> <p>ZUMBA I S1 7:30-8:15pm Kimberly</p> <p>RESTORATIVE YOGA I S4 7:30-8:30pm Lisa *2 Blankets Required</p>	<p>CYCLING I S 6:00-6:45am Garnet</p> <p>COFFEE TIME SOCIAL 9:00-12:00pm</p> <p>ZONE 2 CARDIO I S1 8:00-8:45am Laura</p> <p>BODY PUMP I S1 9:00-9:45am Kelly</p> <p>BODY WORKS I S4 9:00-9:45am MaryLou</p> <p>ZUMBA I S1 10:00-11:00am Garnet</p> <p>SILVERSNREAKERS I S1 11:30-12:15pm JoAnn</p> <p>BALANCE I S4 11:30-12:30pm Walt</p> <p>CHAIR YOGA I S1 12:30-1:15pm JoAnn</p> <p>WISE CARDIO JAM I S1 2:00-3:00pm Susan</p> <p>ZUMBA DANCE PARTY I S1 6:00-7:00pm Awilda</p> <p>MOVIE NIGHTS All Ages 5:00-7:00pm Check Branch for Dates</p>	<p>YOGA I S4 8:00-9:15am Lisa</p> <p>CORE EXPRESS I S1 8:15-8:45am Monica 1/4, 1/11, 2/1, 2/8</p> <p>BODY WORKS I S1 9:00-9:45am MaryLou</p> <p>CYCLING I S 9:30-10:15am Kathy/Allison</p> <p>ZUMBA I S1 10:00-11:00am Awilda</p> <p>RESTORATIVE YOGA I S1 Lisa 10:00-11:00am 1/4 & 2/1</p>
					SUNDAY
					<p>VINYASA YOGA I S4 8:00-9:15am Lisa</p> <p>PIYO I S1 8:00-9:00am Fabiola</p> <p>CYCLING I S 9:15-10:00am Fabiola</p> <p>ZUMBA I S1 9:30-10:30am Briana</p> <p>TEEN YOGA S4 10:15-11:15am Fabiola</p>

STUDIO KEY
 S = Studio
 S1 = Studio 1
 S4 = Studio 4
 * = Registration Required

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



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WINTER 2025
DECEMBER 30—FEBRUARY 23

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 Community Members Welcome 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					
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 Community Members Welcome ALL AROUND AQUA! 9:00-9:45am Staff SILVERSNEAKERS 9:15-10:00am Leeanne YOGA 10:30-11:30am Luis	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 MEMBER SOCIAL EVENTS 5:00-6:45pm 1/12 and 2/19 Community Members Welcome STRENGTH 7:00-8:00pm Leeanne	WATER EXERCISE 9:00-9:45am Denise SILVERSNEAKERS 9:15-10:00am Leeanne	WATER AEROBICS 9:00-9:45am Carolyn CHAIR YOGA 10:00-10:45am JoAnn MEMBER SOCIAL EVENTS 10:30-11:45am 1/17 and 2/21 Community Members Welcome	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**

