



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

December 23- 29

MONDAY 12/23	TUESDAY 12/24 Close at 3:00pm	WEDNESDAY Merry Christ- mas	THURSDAY 12/26	FRIDAY 12/27	SATURDAY 12/28
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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					
All Classes begin on time. Please be courteous to your fellow members and arrive early.					

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 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		HIIT I S1 6:00-6:45am Kathy FIRM & FIT I S1 9:15-10:15am Wendy PILATES I S4 10:30-11:15am Wendy 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	YOGA I S4 8:00-9:15am Lisa 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 SUNDAY 12/29 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
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**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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December 23-29

MONDAY 12/23	TUESDAY 12/24	WEDNESDAY 12/25	THURSDAY 12/26	FRIDAY 12/27	SATURDAY 12/28
ELIZABETH BRANCH 135 Madison Avenue, Elizabeth					
	CYCLING 9:15-10:00am Cynthia		ZUMBA TONING 6:15-7:00pm Damaris	BOOT CAMP 9:00-9:45am Cynthia BOOT CAMP 6:15-7:00pm Cynthia	
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		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	YOGA 9:15-10:15am Luis

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YOGA PRIVATE & SEMI-PRIVATE TRAINING AVAILABLE!**
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Schedule is subject to change. Please follow our Mobile App for updates.

ALWAYS CONNECTED, STAYING INFORMED



**THE GATEWAY FAMILY YMCA
YMCA360 MOBILE APP**

