



# 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

Spring 2025  
 April 21-June 22

## MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

### FIVE POINTS BRANCH 201 Tucker Avenue, Union

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

### WELLNESS CENTER BRANCH 1000 Galloping Hill Road, Union

<p><b>CYCLING</b> 6:00-6:45am   Garnet</p> <p><b>BUTTS &amp; GUTS I S1</b> 8:15-8:45am   Wendy</p> <p><b>GENTLE YOGA I S4</b> 9:00-10:00am   Andrea</p> <p><b>ZUMBA I S1</b> 9:00-10:00am   Garnet</p> <p><b>DANCE FOR HEALTHY LIFESTYLE I S4</b> 10:15-11:00am   Jan</p> <p><b>ENHANCE FITNESS I S1</b> 11:15-12:15pm   Martha</p> <p><b>ENHANCE FITNESS I S1</b> 12:30-1:30pm   Martha</p> <p><b>SLOW VINYASA YOGA I S4</b> 6:00-6:45pm   Shaheda</p> <p><b>ZUMBA I S1</b> 7:00-8:00pm   Garnet</p> <p><b>CORE EXPRESS I S1</b> 8:15-8:45pm   Monica</p>	<p><b>HIIT I S1</b> 6:00-6:45am   Kathy</p> <p><b>WALKING CLUB</b> 9:30-10:30am   Gwen</p> <p><b>YIN YOGA I S4</b> 9:15-10:15am   Donna</p> <p><b>FIRM &amp; FIT I S1</b> 9:15-10:15am   Wendy</p> <p><b>CYCLING</b> 9:30-10:30am   Curtis</p> <p><b>PILATES I S4</b> 10:30-11:15am   Wendy</p> <p><b>SENIOR FIT S1</b> 11:00-11:45am   Martha</p> <p><b>BOOT CAMP I S1</b> 5:00-5:45pm   Cynthia</p> <p><b>FIRM &amp; FIT I S1</b> 6:00-6:45pm   MaryLou</p> <p><b>YOGA I S4</b> 6:00-7:00pm   Lisa</p> <p><b>CYCLING</b> 6:15-7:15pm   Fabiola</p> <p><b>BARRE S4</b> 7:30-8:30pm   Allison</p> <p><b>STEP DANCE FITNESS S1</b> 7:30- 8:15pm   Monica</p>	<p><b>CYCLING</b> 6:00-6:45am   Garnet</p> <p><b>ZUMBA I S1</b> 9:00-10:00am   Garnet</p> <p><b>YIN YOGA) I S4</b> 9:15-10:15am   Donna</p> <p><b>CHAIR YOGA I S1</b> 10:15-11:00am   Andrea</p> <p><b>ENHANCE FITNESS I S1</b> 11:15-12:15pm   Martha</p> <p><b>WISE CARDIO JAM I S1</b> 2:00-3:00pm   Susan</p> <p><b>YOGA I S4</b> 6:00-7:15pm   Lisa</p> <p><b>ZUMBA I S1</b> 6:30pm-7:30 pm   Briana</p> <p><b>CIRCUIT TRAINING S1</b> 7:45 -8:30pm   Monica</p>	<p><b>HIIT I S1</b> 6:00-6:45am   Kathy</p> <p><b>FIRM &amp; FIT I S1</b> 9:15-10:15am   Wendy</p> <p><b>LINE DANCING S1</b> 10:30-11:30am   Greg</p> <p><b>PILATES I S4</b> 10:30-11:15am   Wendy</p> <p><b>ZUMBA I S1</b> 5:00-6:00pm   Garnett</p> <p><b>POWER YOGA I S4</b> 6:15-7:00pm   Fabiola</p> <p><b>TAI CHI I S1</b> 6:30-7:30pm   Rick</p> <p><b>ZUMBA I S1</b> 7:30-8:15pm   Kimberly</p> <p><b>RESTORATIVE YOGA I S4</b> 7:30-8:30pm   Lisa *2 Blankets Required</p>	<p><b>CYCLING</b> 6:00-6:45am   Garnet</p> <p><b>COFFEE TIME SOCIAL</b> 9:00-12:00pm</p> <p><b>ZONE 2 CARDIO I S1</b> 8:00-8:45am   Laura</p> <p><b>BODY WORKS I S4</b> 9:00-9:45am   MaryLou</p> <p><b>ZUMBA I S1</b> 10:00-11:00am   Garnet</p> <p><b>SILVER SNEAKERS I S1</b> 11:30-12:15pm   JoAnn</p> <p><b>BALANCE I S4</b> 11:30-12:30pm   Walt</p> <p><b>CHAIR YOGA I S1</b> 12:30-1:15pm   JoAnn</p> <p><b>WISE CARDIO JAM I S1</b> 2:00-3:00pm   Susan</p> <p><b>ZUMBA DANCE PARTY I S1</b> 6:00-7:00pm   Awilda</p> <p><b>MOVIE NIGHTS</b> All Ages Last Friday of the month 6:30pm</p> <p><b>GAME NIGHT</b> All Ages First Friday of the Month 6:30pm</p>	<p><b>YOGA I S4</b> 8:00-9:15am   Lisa</p> <p><b>BODY WORKS I S1</b> 9:00-9:45am   MaryLou</p> <p><b>CYCLING</b> 9:30-10:15am   Kathy/Allison</p> <p><b>ZUMBA I S1</b> 10:00-11:00am   Awilda</p> <p><b>POP UP RESTORATIVE YOGA I S 4</b> Lisa 10:15am-11:00am May 3 and June 7</p>	
					<p><b>SUNDAY</b></p>	
<p><b>STUDIO KEY</b> S = Studio S1 = Studio 1 S4 = Studio 4 * = Registration Required</p>						
<p><b>PERSONAL TRAINING, SEMI-PRIVATE PERSONAL TRAINING, YOGA PRIVATE &amp; SEMI-PRIVATE TRAINING AVAILABLE!</b>          Personal Training Available at Elizabeth, Rahway &amp; Wellness Center Branches.          4 Sessions - 45 Minutes, Schedule with your Branch</p>						



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Spring 2025  
 April 21- June 22

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>ELIZABETH BRANCH 135 Madison Avenue, Elizabeth</b>					
<b>ZUMBA</b> 9:15 -10 am Cynthia  <b>BOOTY TONE</b> 6:00-6:40pm   Katy	<b>CYCLING</b> 9:15-10:00am   Cynthia  <b>7TH GRADE INITIATIVE WELLNESS PROGRAM</b> (7th Graders Only) 3:15-4:15pm   Rafael  <b>ZUMBA TONING</b> 6:15-7:00pm   Damaris	<b>BOOT CAMP</b> 9:15-10am   Cynthia  <b>ARTHRITIS MANAGEMENT</b> 11:00-11:45am   Cynthia  <b>7TH GRADE INITIATIVE WELLNESS PROGRAM</b> (7th Graders Only) 3:15-4:15pm   Rafael  <b>BOOT CAMP</b> 6:15-7:00pm   Cynthia	<b>CYCLING</b> 9:15-10:00am   Cynthia  <b>7TH GRADE INITIATIVE WELLNESS PROGRAM</b> (7th Graders Only) 3:15-4:15pm   Rafael  <b>ZUMBA TONING</b> 6:15-7:00pm   Damaris	<b>BOOT CAMP</b> 9:15-10am Cynthia  <b>ARTHRITIS MANAGEMENT</b> 11:00-11:45am   Rafael  <b>BLOOD PRESSURE</b> 12:15-1:15pm   Rafael Community Members Welcome  <b>7TH GRADE INITIATIVE WELLNESS PROGRAM</b> (7th Graders Only) 3:15-4:15pm   Rafael  <b>BOOT CAMP</b> 6:15-7:00pm   Cynthia	<b>YOGA</b> 9:30-10:30am   Monica (Limited Space— Please Sign in at Welcome Center)
<div style="border: 1px solid black; padding: 5px; display: inline-block;">           Classes begin on time. Please be courteous to your fellow members and arrive         </div>					
<b>RAHWAY BRANCH 1564 Irving Street, Rahway</b>					
<b>WATER AEROBICS</b> 9:00-9:45am   Carolyn  <b>CHAIR YOGA</b> 11:30-12:15pm   JoAnn	<b>BLOOD PRESSURE</b> 8:00-9:00am   Leeanne Community Members Welcome  <b>ALL AROUND AQUA!</b> 9:00-9:45am   Staff  <b>SILVERSNEAKERS</b> 9:15-10:00am   Leeanne  <b>YOGA</b> 10:30-11:30am   Luis	<b>AQUA YOGA</b> 9:00-9:45am   Carolyn  <b>CHAIR PILATES</b> 9:30-10:30am   EJ  <b>ZUMBA</b> 10:45-11:30am   EJ  <b>SILVERSNEAKERS</b> 12:30-1:15pm   JoAnn  <b>STRENGTH</b> 7:00-8:00pm   Leeanne	<b>WATER EXERCISE</b> 9:00-9:45am   Denise  <b>SILVER SNEAKERS</b> 9:15-10:00am   Leeanne	<b>WATER AEROBICS</b> 9:00-9:45am   Carolyn  <b>CHAIR YOGA</b> 10:00-10:45am   JoAnn	<b>YOGA</b> 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**

