



IN-PERSON BRANCH GROUP EXERCISE SCHEDULE

REGISTRATION NOT REQUIRED UNLESS INDICATED* | TGFYMCA.ORG | THE GATEWAY FAMILY YMCA

Spring February 23- April 19

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>ACTIVE OLDER ADULTS Arthritis Management 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 1:00-2:00pm Terry</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>	
<p>All Classes begin on time. Please be courteous to your fellow members and arrive early. YMCA Group Exercise Class Entry is first come, first serve.</p>					

WELLNESS CENTER BRANCH 1000 Galloping Hill Road, Union

<p>CYCLING 5:30 -6:15 am 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>BODY PUMP/S1 6:00-6:45pm Kelly</p> <p>ZUMBA I S1 7:00-8:00pm Garnet</p> <p>CORE EXPRESS/ S1 8:15-8:45pm Garnet</p>	<p>HIIT I S1 6:00-6:45am Kathy</p> <p>YIN YOGA I S4 9:15-10:15am Donna</p> <p>FIRM & FIT I S1 9:15-10:15am Wendy</p> <p>WALK FOR WELLNESS 9:30am -10:30 Starts March 31</p> <p>CYCLING 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 5:00-5:45pm Cynthia</p> <p>FIRM & FIT I S1 6:00-6:45pm MaryLou</p> <p>YOGA I S4 6:00-7:15pm Lisa</p> <p>CYCLING 6:15-7:15pm Fabiola</p> <p>BARRE S4 7:30-8:30pm Allison</p> <p>STEP FIT S1 7:15pm-8:00pm Fabiola</p>	<p>CYCLING 5:30-6:15am 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>SENIOR STRENGTH EXPRESS S4 10:30-11:00am Martha</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 6:30pm-7:30 pm Briana</p> <p>CIRCUIT TRAINING S1 7:45 -8:30pm Monica</p>	<p>HIIT I S1 6:00-6:45am Kathy</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>MY KNEE EXERCISE PROGRAM S4 9:30am Jodi</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 5:30-6:15am Garnet</p> <p>COFFEE TIME SOCIAL 9:00-12:00pm Every Friday New member social on last Friday of the month.</p> <p>ZONE 2 CARDIO I S1 8:00-8:45am Laura</p> <p>BODY PUMP S1 9:00am-9:45am Kelly</p> <p>BODY WORKS I S4 9:00-9:45am MaryLou</p> <p>ZUMBA I S1 10:00-11:00am Awilda</p> <p>POP UP RESTORATIVE YOGA I S 4 Lisa 10:15am-11:00am 3/7 & 4/4</p> <p>KIDFIT S1 12:30 -1:30 pm Garnet</p> <p>YOUTH FITNESS TRAINING 12:00 noon Gerry * Registration required</p>	<p>YOGA I S4 8:00-9:15am Lisa</p> <p>BODY WORKS I S1 9:00-9:45am MaryLou</p> <p>CYCLING 9:30-10:15am Kathy/Allison</p> <p>ZUMBA I S1 10:00-11:00am Awilda</p> <p>POP UP RESTORATIVE YOGA I S 4 Lisa 10:15am-11:00am 3/7 & 4/4</p> <p>KIDFIT S1 12:30 -1:30 pm Garnet</p> <p>YOUTH FITNESS TRAINING 12:00 noon Gerry * Registration required</p>
<p>SUNDAY</p>					
<p>STUDIO KEY S = Studio S1 = Studio 1 S4 = Studio 4 * = Registration Required</p>					

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

YOGA AND STRETCH S4
10:15am-11:15 am
Fabiola



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YMCA GROUP EXERCISE CLASS ENTRY IS FIRST COME, FIRST SERVE

Spring February 23- April 19

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
ELIZABETH BRANCH 135 Madison Avenue, Elizabeth					
<p>*WOMEN ON WEIGHTS 8:15-9am Weight Room Class</p> <p>BOOTY TONE XPRESS 6:15-7:00 pm Katty</p> <p>ZUMBA 7:15-8:00 pm Cynthia</p>	<p>SPIN 9:15-10:00am Cynthia</p> <p>7TH GRADE INITIATIVE WELLNESS PROGRAM (7th Graders Only) 3:30 -4:15pm Rafael</p> <p>ZUMBA TONING 7:00-7:45 pm Damaris</p>	<p>*WOMEN ON WEIGHTS 8:15-9am Weight Room Class</p> <p>BOOT CAMP 9:15-10am Cynthia</p> <p>ACTIVE OLDER ADULT Arthritis Management Class 10:15-11am Cynthia</p> <p>BOOT CAMP 7:00-7:45pm Cynthia</p>	<p>SPIN 9:15-10:00am Cynthia</p> <p>7TH GRADE INITIATIVE WELLNESS PROGRAM (7th Graders Only) 3:30-4:15pm Rafael</p> <p>*KIDS FITNESS* 6:15-7:00pm Youth Fit Camp Ages7</p> <p>ZUMBA TONING 7:00-7:45 pm Damaris</p>	<p>WOMEN ON WEIGHTS 8:15-9am Weight Room Class</p> <p>BOOT CAMP 9:15-10am Cynthia</p> <p>ACTIVE OLDER ADULT 10:15-11:00am Rafael</p> <p>7TH GRADE INITIATIVE WELLNESS PROGRAM (7th Graders Only) 3:15-4:15pm Rafael</p> <p>BOOT CAMP 7:00-7:45pm Cynthia</p>	<p>YOGA 9:30-10:30am Monica</p> <p>*YOUTH SOCCER Ages 7 to 11 10:30 -11:30am MUST BE REGISTERED</p> <p>*YOUTH BASKETBALL Ages7 to 11 11:30am-12:30</p> <p>*YOUTH DANCE PROGRAM 11:30-1:00pm MUST BE REGISTERED</p>
RAHWAY BRANCH 1564 Irving Street, Rahway					
<p>WATER AEROBICS 9:00-9:45am Carolyn</p> <p>SILVER SNEAKERS 9:15-10:00am Leeanne</p> <p>CHAIR YOGA 11:30-12:15pm JoAnn</p>	<p>BLOOD PRESSURE READINGS 8:00-9:00am Leeanne Community Members Welcome</p> <p>ALL AROUND AQUA! 9:00-9:45am Denise</p> <p>DEEP WATER EXERCISE 9:00-9:45AM Carolyn</p> <p>CIRCUIT TRAINING 11:15-12 noon Cynthia</p> <p>YOGA 10:30-11:30am Luis</p> <p>SPIN 6:30-7:15pm Cynthia</p>	<p>AQUA YOGA 9:00-9:45am Carolyn</p> <p>CHAIR PILATES 9:30-10:30am EJ</p> <p>ZUMBA 10:45-11:30am EJ</p> <p>SILVER SNEAKERS 12:30-1:15pm JoAnn</p> <p>STRENGTH 7:00-8:00pm Leeanne</p>	<p>WATER EXERCISE 9:00-9:45am Denise</p> <p>DEEP WATER EXERCISE 9:00-9:45AM Carolyn</p> <p>WALK AND STRETCH 8-8:45AM Leeanne</p> <p>SILVER SNEAKERS 9:15-10:00am Leeanne</p>	<p>WATER AEROBICS 9:00-9:45am Carolyn</p> <p>CHAIR YOGA 10:00-10:45am JoAnn</p> <p>PICKLEBALL 11:30-2:00pm GYM</p>	<p>YOGA 9:15-10:15am Luis</p>

PERSONAL TRAINING, SEMI-PRIVATE PERSONAL TRAINING, YOGA PRIVATE & SEMI-PRIVATE TRAINING AVAILABLE!

Personal Training Available at Elizabeth, Rahway & Wellness Center Branches.

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

ALWAYS CONNECTED, STAYING INFORMED



**THE GATEWAY FAMILY YMCA
YMCA360 MOBILE APP**

