



IN-PERSON BRANCH GROUP EXERCISE SCHEDULE

REGISTRATION NOT REQUIRED UNLESS INDICATED* | TGFYMCA.ORG | THE GATEWAY FAMILY YMCA Fall 1 8/31- 10/25 Revised 9/29

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
FIVE POINTS BRANCH 201 Tucker Avenue, Union					
WATER EXERCISE 9:00am-10:00am Terry 10:00am-11:00am Terry ACTIVE OLDER ADULTS 9:00-10:00am Linda ACTIVE OLDER ADULTS Arthritis Management 10:15-11:15am Linda FALLS PREVENTION 11:45am -12:30pm Walt Gym	ACTION AGAINST ARTHRITIS 8:00-9:00am Linda 9:15-10:15am Linda WATER EXERCISE 9:00-10:00am Terry 10:00am-11:00am Terry TAI CHI 10:30-11:30am Linda ZUMBA 7:15-8:15 Shareena WATER EXERCISE 7:45-8:30pm Terry	WATER EXERCISE 8:00-9:00am Terry 9:00-10:00am Terry ACTIVE OLDER ADULTS 9:00-10:00am Linda ACTIVE OLDER ADULTS Arthritis Management 10:15-11:15am Linda	ACTION AGAINST ARTHRITIS 8:00-9:00am Linda 9:00-9:45am Linda WATER EXERCISE 9:00-10:00am- Beth 10:00-11:00am Beth TAI CHI 10:30-11:30am Linda WATER EXERCISE 1:00-2:00pm-Terry	WATER EXERCISE 9:00-10:00am 10:00-11:00AM MY KNEE EXERCISE 9:30 am Gym ACTIVE OLDER ADULTS Arthritis Management 10:15-11:15am Linda	
All Classes begin on time. Please be courteous to your fellow members and arrive early. Entry is first come, first serve.					
WELLNESS CENTER BRANCH 1000 Galloping Hill Road, Union					
CYCLING 5:30am-6:15am Garnet TOTAL BODY I S4 6:30am-7:30 am Garnet BUTTS & GUTS I S1 8:15-8:45am Wendy GENTLE YOGA I S4 9:00-10:00am Andrea ZUMBA I S1 9:15-10:00am 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 ZUMBA LIFT S1 6:00-6:45pm Shareena ZUMBA I S1 7:00-8:00pm Garnet INTERMEDIATE YOGA 6:30-7:30pm Shaheda CORE EXPRESS/ S1 8:15-8:45pm Garnet	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 9:30-10:30am Curtis PILATES I S4 10:30-11:15am Wendy SENIOR FIT S1 11:00-11:45am Martha BOOT CAMP I S1 5:00-5:45pm Cynthia FIRM & FIT I S1 6:00-6:45pm MaryLou YOGA I S4 6:00-7:15pm Lisa CYCLING 6:15-7:15pm Fabiola BARRE S4 7:30-8:30pm Allison STEP FIT S1 7:15pm-8:00pm Fabiola	CYCLING 5:30-6:15am Garnet YIN YOGA I S4 9:15-10:15am Donna CHAIR YOGA I S1 10:15-11:00am Andrea SENIOR STRENGTH EXPRESS S4 10:30-11:00am Martha 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 6:30pm-7:30 pm Briana CIRCUIT TRAINING S1 7:45 -8:30pm Monica	HIIT I S1 6:00-6:45am Kathy FIRM & FIT I S1 9:15-10:15am Wendy LINE DANCING S1 10:30-11:30am Greg PILATES I S4 10:30-11:15am Wendy MY KNEE EXERCISE PROGRAM S4 9:30am Jodi TOTAL BODY 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 5:30am-6:15am Garnet TOTAL BODY I S4 6:30am-7:30 am Garnet COFFEE TIME SOCIAL 6:00am-12:00pm Every Friday ZONE 2 CARDIO I S1 8:00-8:45am Laura BODY WORKS I S4 9:00-9:45am MaryLou ZUMBA I S1 10:00-11:00am Garnet SILVER SNEAKERS I S1 11:30-12:15pm JoAnn BALANCE I S4 11:30-12:15pm Walt CHAIR YOGA I S1 12:30-1:15pm JoAnn WISE CARDIO JAM I S1 2:00-3:00pm Susan SALSA FUSION/S1 6:30pm Taryn	YOGA I S4 8:00-9:15am Lisa BODY WORKS I S1 9:00-9:45am MaryLou CYCLING 9:30-10:15am Kathy/Allison ZUMBA I S1 10:00-11:00am Awilda POP UP RESTORATIVE YOGA I S4 Lisa 10:15am-11:00am 9/12 and 10/10 POUND/S1 11:15am-12pm Shareena KIDFIT S1 12:30-1:30pm Garnet YOUTH FITNESS TRAINING 12 noon *Registration Required
STUDIO KEY S = Studio S1 = Studio 1 S4 = Studio 4 * = Registration Required					
Classes begin on time. Please be courteous to your fellow members arrive early.					
PERSONAL TRAINING, SEMI-PRIVATE PERSONAL TRAINING, YOGA PRIVATE & SEMI-PRIVATE TRAINING AVAILABLE!					
					SUNDAY 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 YOGA AND STRETCH S4 10:15am-11:15 am Fabiola



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YMCA GROUP EXERCISE CLASS ENTRY IS FIRST COME, FIRST SERVE Fall 1 8/31- 10/25

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
ELIZABETH BRANCH 135 Madison Avenue, Elizabeth					
*WOMEN ON WEIGHTS 8:15-9am Weight Room Class BOOTY TONE XPRESS 6:15-7:00 pm Katty ZUMBA 7:15-8:00 pm Cynthia	SPIN 9:15-10:00am Cynthia 7TH GRADE INITIATIVE WELLNESS PROGRAM (7th Graders Only) 3:30 -4:15pm Rafael ZUMBA TONING 7:00-7:45 pm Damaris	*WOMEN ON WEIGHTS 8:15-9am Weight Room Class BOOT CAMP 9:15-10am Cynthia ACTIVE OLDER ADULT Arthritis Management Class 10:15-11am Cynthia BOOT CAMP 7:00-7:45pm Cynthia	SPIN 9:15-10:00am Cynthia 7TH GRADE INITIATIVE WELLNESS PROGRAM (7th Graders Only) 3:30-4:15pm Rafael *KIDS FITNESS* 6:15-7:00pm Youth Fit Camp Ages 7 to 11 ZUMBA TONING 7:00-7:45 pm Damaris	*WOMEN ON WEIGHTS 8:15-9am Weight Room Class BOOT CAMP 9:15-10am Cynthia ACTIVE OLDER ADULT 10:15-11:00am Rafael 7TH GRADE INITIATIVE WELLNESS PROGRAM (7th Graders Only) 3:15-4:15pm Rafael BOOT CAMP 7:00-7:45pm Cynthia	YOGA 9:30am10:30am Monica YOUTH SOCCER Ages 7 to 11 10:30 -11:30am *MUST BE REGISTERED YOUTH BASKETBALL Ages 7 to 11 11:30am-12:30 *MUST BE REGISTERED YOUTH DANCE 11:30-1:00pm *MUST BE REGISTERED
RAHWAY BRANCH 1564 Irving Street, Rahway					
MY KNEE EXERCISE 8:15am WATER AEROBICS 9:00-9:45am Carolyn SILVER SNEAKERS 9:15-10:00am Leeanne CHAIR YOGA 11:30-12:15pm JoAnn	BLOOD PRESSURE READINGS 8:00-9:00am Leeanne ALL AROUND AQUA! 9:00-9:45am Denise DEEP WATER EXERCISE 9:00-9:45 am Carolyn YOGA 10:30-11:30am I Luis CIRCUIT TRAINING 11:15- 12 Cynthia SPIN 6:30-7:15pm Cynthia	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 STRENGTH 7:00-8:00pm Leeanne	WATER EXERCISE 9:00-9:45am Denise DEEP WATER EXERCISE 9:00-9:45am Carolyn WALK AND STRETCH 8-8:45am Leeanne SILVER SNEAKERS 9:15-10:00am I Leeanne	WATER AEROBICS 9:00-9:45am Carolyn CHAIR YOGA 10:00-10:45am JoAnn	YOGA 9:15-10:15am I Luis

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

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

ALWAYS CONNECTED, STAYING INFORMED



THE GATEWAY FAMILY YMCA
YMCA360 MOBILE APP

