IN-PERSON BRANCH GROUP EXERCISE SCHEDULE

REGISTRATION NOT REQUIRED UNLESS INDICATED* I TGFYMCA.ORG I THE GATEWAY FAMILY YMCA
YMCA GROUP EXERCISE CLASS ENTRY IS FIRST COME, FIRST SERVE

FALL 2 2026
11/30 - 12/24/2026
updated 10/26/26

UNION BRANCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
CYCLING | G1 5:30-6:15am | Garnet TOTAL BODY | G1 6:30-7:30am | Garnet BUTTS & GUTS | G1 8:15-8:45am | Wendy GENTLE YOGA | MP 9:00-10:00am | Andrea ACTIVE OLDER ADULTS | S 9:00-10:00am | Linda WATER EXERCISE 9:00-10:00am | Terry ZUMBA | G1 9:15-10:00am | Garnet WATER EXERCISE 10:00-11:00am | Terry ACTIVE OLDER ADULTS Arthritis Management | S 10:15-11:15am | Linda ENHANCE FITNESS | G1 11:15a - 12:15p | Martha DANCE FOR HEALTHY LIFESTYLE | MP 10:15-11:00am | Jan FALLS PREVENTION | S 11:45 -12:30pm | Walt ENHANCE FITNESS | G1 12:30-1:30pm | Martha ZUMBA LIFT | G1 6:00-6:45pm | Shareena TRAVEL BASKETBALL* | G 7:00- 8:45pm TAE KWON DO* | S 6:30 - 7:15pm INTER.YOGA | MP 6:30-7:30pm | Shaheda ZUMBA | S 7:30-8:30pm | Garnet CORE EXPRESS | S 8:30-9:00pm | Garnet	HIIT | G1 6:00-6:45am | Kathy ACTION AGAINST ARTHRITIS | G2 8:00-9:00am | Linda 9:15-10:15am | Linda CYCLING I MP 9:00 - 10:00am I Curtis WATER EXERCISE 9:00-10:00am | Terry FIRM & FIT | S 9:15-10:15am | Wendy WATER EXERCISE 10:00-11:00am | Terry PILATES | S 10:30-11:15am | Wendy TAI CHI | G2 10:30-11:30am | Linda SENIOR FIT | S 11:30 - 12:15pm | Martha YOGA | MP 4:30-5:45pm | Lisa BOOT CAMP | G1 5:00-5:45pm | Cynthia BALLET & TAP* | S 5:00-5:45pm POMS* | S 5:45-6:30pm FIRM & FIT | MP 6:30-7:15pm | MaryLou CYCLING | G1 6:15-7:15pm | Fabiola ZUMBA | S 630 - 7:15pm |Shareena STEP FIT | G1 7:15-8:00pm | Fabiola BARRE | S 7:30-8:30pm | Allison WATER EXERCISE 7:45-8:30pm | Terry	CYCLING | G1 5:30-6:15am | Garnet WATER EXERCISE 8:00-9:00am | Terry 9:00-10:00am | Terry ACTIVE OLDER ADULTS | G1 9:00-10:00am | Linda YIN YOGA | MP 9:15-10:15am | Donna ACTIVE OLDER ADULTS Arthritis Management | G1 10:15-11:15am | Linda CHAIR YOGA | S 10:30-11:15am | Andrea SENIOR STRENGTH EXPRESS | G2 10:30-11:00am | Martha ENHANCE FITNESS | G2 11:15-12:15pm | Martha WISE CARDIO JAM | G1 2:00-3:00pm | Susan TAE KWON DO* | G2 5:15-6:15pm TAE KWON DO* | G2 6:30-7:30pm TUMBLING* | S 5:30-7:30pm YOGA | MP 6:00-7:15pm | Lisa SALSA FUSION | MP 7:30-8:15pm ZUMBA | G1 6:30-7:30pm | Briana CIRCUIT TRAINING | G1 7:45-8:30pm | Monica	HIIT | G1 6:00-6:45am | Kathy ACTION AGAINST ARTHRITIS | G1 8:00-9:00am | Linda 9:15-10:15am | Linda WATER EXERCISE 9:00-10:00am | Terry FIRM & FIT | S 9:15-10:15am | Wendy MY KNEE PROGRAM | G2 9:30-10:00am | Jodi WATER EXERCISE 10:00-11:00am | Terry TAI CHI | G1 10:30-11:30am | Linda PILATES | G2 10:30-11:15am | Wendy LINE DANCING | S 10:30-11:30am | Greg WATER EXERCISE 1:00-2:00pm | Terry YOUTH BASKETBALL* | G 5:30-6:15pm SKILLS & DRILLS* | G 6:30-7:15pm TOTAL BODY | S 5:00-6:00pm | Garnet POWER YOGA | S 6:15-7:00pm | Fabiola TAI CHI | MP 6:30-7:30pm | Rick ZUMBA I | G 7:30-8:15pm | Kimberly RESTORATIVE YOGA | S 7:30-8:30pm | Lisa *2 Blankets Required	CYCLING | G1 5:30-6:15am | Garnet COFFEE TIME SOCIAL | L 6:00-12:00pm TOTAL BODY | G1 6:30-7:30am | Garnet ZONE 2 CARDIO | G1 8:00-8:45am | Laura BODY PUMP | G1 9:00-9:45am | Kelly BODY WORKS | MP 9:00-9:45am | MaryLou YIN YOGA | S 9:15 - 10:15 am | Donn MY KNEE PROGRAM I G2 9:30-10:00am WATER EXERCISE 9:00-10:00am | Terry 10:00-11:00am | Terry ZUMBA | G1 10:00-11:00am | Garnet ENHANCE FITNESS | S 10:15-11:15am | Linda SILVERSNEAKERS | G1 11:30-12:15pm | JoAnn BALANCE | S 11:30-12:15pm | Walt CHAIR YOGA | G1 12:30-1:15pm | JoAnn WISE CARDIO JAM | G1 2:00-3:00pm | Susan ROOKIE SPORTS* | G 3:15-4:00pm TRAVEL BASKETBALL* | G 7:00-8:45pm DANCE CARDIO & SCULPT | S 6:30-7:30pm | Taryn	YOGA | S 8:00-9:15am | Lisa YOUTH CLASSES* | G 9:15-2:45pm BODY WORKS | MP 9:00-9:45am | MaryLou CYCLING | S 9:30-10:15am | Kathy/Allison ZUMBA | S 10:00-11:00am | Awilda POUND | S 11:15-12:00pm | Shareena KID FIT | S 12:30-1:30pm | Garnet YOUTH FITNESS TRAINING* 12:00-1:00pm TEEN NIGHT* | G 4:30-5:30pm **SUNDAY** PEE WEE SOCCER* | G1 8:15-9:15am VINYASA YOGA | S 8:00-9:15am | Lisa PIYO | G1 8:00-9:00am | Fabiola CYCLING | G1 9:15-10:00am | Fabiola YOGA & STRETCH | S 10:15-11:15am | Fabiola PICKLEBALL | G 10:30-12:30pm

STUDIO KEY
S = Studio 1
MP = Multipurpose
G1 = Gymnasium 1
G2 = Gymnasium 2
L = Lobby
Blue = Pool
* = Registration Required