IN-PERSON BRANCH GROUP EXERCISE SCHEDULE

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

FALL 2 October 26 - November 29
updated 10-13

FIVE POINTS BRANCH 201 Tucker Avenue, Union

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WATER EXERCISE 9:00-10:00am I Terry 10:00-11:00am I Terry **ACTIVE OLDER ADULTS** 9:00-10:00am I Linda **ACTIVE OLDER ADULTS** Arthritis Management 10:15-11:15am I Linda **FALLS PREVENTION** 11:45am –12:30pm Walt	**ACTION AGAINST ARTHRITIS** 8:00-9:00am I Linda 9:15-10:15am I Linda **WATER EXERCISE** 9:00-10:00am I Terry 10:00-11:00am I Terry **TAI CHI** 10:30-11:30am I Linda **ZUMBA** 7:15 - 8:00pm I Shareena **WATER EXERCISE** 7:45 -8:30pm I Terry	**WATER EXERCISE** 8:00-9:00am I Terry 9:00-10:00am I Terry **ACTIVE OLDER ADULTS** 9:00-10:00am I Linda **ACTIVE OLDER ADULTS** Arthritis Management 10:15-11:15am I Linda	**ACTION AGAINST ARTHRITIS** 8:00-9:00am I Linda 9:00-9:45am I Linda **WATER EXERCISE** 9:00-10:00am I Terry 10:00-11:00am I Terry **TAI CHI** 10:30-11:30am I Linda **WATER EXERCISE** 1:00 - 2:00pm I Terry	**WATER EXERCISE** 9:00-10:00am 10:00-11:00am **MY KNEE EXERCISE** 9:301-10am I Jodi **ACTIVE OLDER ADULTS** Arthritis Management 10:15-11:15am I Linda	**KIDFIT** 12:30-1:30pm Garnet

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 I Garnet **TOTAL BODY I S4** 6:30am-7:30 am Garnet **BUTTS & GUTS I S1** 8:15-8:45am I Wendy **GENTLE YOGA I S4** 9:00-10:00am I Andrea **ZUMBA I S1** 9:15-10:00am I Garnet **DANCE FOR HEALTHY LIFESTYLE I S4** 10:15-11:00am I Jan **ENHANCE FITNESS I S1** 11:15-12:15pm I Martha **ENHANCE FITNESS I S1** 12:30-1:30pm I Martha **ZUMBA LIFT I S1** 6:00-6:45pm I Shareena **INTERMEDIATE YOGA I S4** 6:30-7:30pm Shaheda **ZUMBA I S1** 7:00-8:00pm I Garnet **CORE EXPRESS I S1** 8:15-8:45pm I Garnet	**HIIT I S1** 6:00-6:45am I Kathy **YIN YOGA I S4** 9:15-10:15am I Donna **FIRM &FIT I S1** 9:15-10:15am I Wendy **CYCLING** 9:30-10:30am I Curtis **PILATES I S4** 10:30-11:15am I Wendy **SENIOR FIT I S1** 11:00-11:45am I Martha **YOGA I S4** 4:30-5:45pm I Lisa **BOOT CAMP I S1** 5:00-5:45pm I Cynthia **FIRM &FIT I S1** 6:00-6:45pm I MaryLou **CYCLING** 6:15-7:15pm I Fabiola **BARRE I S4** 7:30-8:30pm I Allison **STEP FIT I S1** 7:15 -8:00pm I Fabiola	**CYCLING** 5:30-6:15am I Garnet **YIN YOGA I S4** 9:15-10:15am I Donna **CHAIR YOGA I S1** 10:15-11:00am I Andrea **SENIOR STRENGTH EXPRESS S4** 10:30-11:00am I Martha **ENHANCE FITNESS I S1** 11:15-12:15pm I Martha **WISE CARDIO JAM I S1** 2:00-3:00pm I Susan **YOGA I S4** 6:00-7:15pm I Lisa **ZUMBA I S1** 6:30pm-7:30pm I Briana **YOGA I S4** 6:00-7:15pm I Lisa **SALSA FUSION I S4** 7:30 - 8:15p I Taryn **CIRCUIT TRAINING I S1** 7:45 -8:30pm I Monica	**HIIT I S1** 6:00-6:45aml Kathy **FIRM &FIT I S1** 9:15-10:15aml Wendy **MY KNEE EXERCISE PROGRAM I S4** 9:30am I Jodi **LINE DANCING I S1** 10:30 - 11:30AM I Greg **PILATES I S4** 10:30-11:15am I Wendy **TOTAL BODY IS1** 5:00-6:00pm I Garnet **POWER YOGA IS4** 6:15-7:00pm I Fabiola **TAI CHI I S1** 6:30-7:30pm I Rick **ZUMBA I S1** 7:30-8:15pm I Kimberly **RESTORATIVE YOGA I S4** 7:30-8:30pm I Lisa *2 Blankets Required	**CYCLING** 5:30am-6:15am I 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 I Laura **BODY PUMP I S1** 9:00 - 945a I Kelly begins 11/6 **BODY WORKS I S4** 9:00-9:45am I MaryLou **ZUMBA I S1** 10:00-11:00am I Garnet **SILVER SNEAKERS I S1** 11:30-12:15pm I JoAnn **BALANCE I S4** 11:30-12:15pm I Walt **CHAIR YOGA I S1** 12:30-1:15pm I JoAnn **WISE CARDIO JAM I S1** 2:00-3:00pm I Susan **DANCE CARDIO & SCULPT I S1** 6:30-7:15pm Taryn	**YOGA I S4** 8:00-9:15am I Lisa **BODY WORKS I S1** 9:00-9:45am I MaryLou **CYCLING** 9:30-10:15am I Kathy/Allison **ZUMBA I S1** 10:00-11:00am I Awilda **POP UP RESTORATIVE YOGA I S4** 10:15 - 11:00am Dec 12 **POUND I S1** 11:15am - 12pm Shareena **YOUTH FITNESS TRAINING** 12 noon *Registration Required

Classes begin on time. Please be courteous to your fellow members arrive early. Entry is first come, first serve.

STUDIO KEY
S=Studio
S1 = Studio 1
S4 = Studio 4
* = Registration Required

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

SUNDAY

VINYASA YOGA I S4
8:00-9:15am I Lisa

PIYO I S1
8:00 - 9:00 am I
Fabiola

CYCLING
9:15-10:00am I
Fabiola

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

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 October 26 - November 29

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

SCAN ME