INSTUDIO

INSTUDIO PROGRAM SCHEDULE | FULL MEMBERSHIP REQUIRED
REGISTRATION NOT REQUIRED UNLESS INDICATED*

InStudio

FALL 2 2026
11/30-12/27

InStudio is an innovative fitness platform combining the in-person group experience with digital programs & instructors from across the country!

ELIZABETH BRANCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
HIP OPENER SERIES | LL 12:00-12:13pm Janice	CARDIO DANCE 1 | LL 7:15-7:49am Sarah YOGA EXPRESS LOWER BODY | LL 8:00-8:26am Alyssa TAI CHI FUSION | LL 12:00-12:20pm Amy CARDIO DANCE 5 | LL 8:15-8:45pm Frances	CARDIO DANCE 1 | LL 7:15-7:49am Sarah YOGA EXPRESS UPPER BODY | LL 8:00-8:26am Alyssa HIP OPENER SERIES | LL 12:00-12:13pm Janice	CARDIO DANCE 1 | LL 7:15-7:49am Sarah YOGA EXPRESS LOWER BODY | LL 8:00-8:26am Alyssa TAI CHI FUSION | LL 12:00-12:20pm Amy CARDIO DANCE 5 | LL 8:15-8:45pm Frances	VINYASA YOGA 1 | LL 7:15-8:00am Margy YOGA EXPRESS UPPER BODY | LL 8:00-8:26am Alyssa HIP OPENER SERIES | LL 12:00-12:13pm Janice	VINYASA YOGA 5 | LL 8:15-9:00am Margy BASKETBALL SHOOTING DRILLS | SG 9:15-9:30am Tunde	

RAHWAY BRANCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
TAI CHI FUSION | S 6:00-6:30pm Amy CARDIO DANCE 1 | S 7:00-7:30pm Sarah	CYCLE 8 | S 6:00-6:45pm Desiree RESISTANCE TUBE CIRCUIT 1 | S 7:00-8:00pm Amy	TAI CHI FUSION | S 6:00-6:30pm Amy	CYCLE 8 | S 6:00-6:45pm Desiree RESISTANCE TUBE CIRCUIT 1 | S 7:00-8:00pm Amy	CARDIO DANCE 1 | S 7:00-7:30pm Sarah	CYCLE EXPRESS 14 | S 8:30-9:15am Nicky FIT FOR LIFE | S 9:15-10:00am Kari	

UNION BRANCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
CHAIR YOGA | S 6:00-6:45am Janice		CHAIR YOGA | S 6:00-6:45am Janice		CHAIR YOGA | S 6:00-6:45am Janice		PILATES FOR KIDS | S 1230- 1pm Polly

ALWAYS CONNECTED, STAYING INFORMED

Download the YMCA360 Mobile App
Class Changes will be provided through App Messages/Notifications

YMCA Group Exercise Programs are available for Full Members Age 12+ unless indicated
All classes begin on time. Please be courteous to your fellow members and arrive early.
Schedule is subject to change. Please follow our Mobile App for updates.