



IN-PERSON BRANCH GROUP EXERCISE SCHEDULE

REGISTRATION REQUIRED | TGfYMCA.ORG | THE GATEWAY FAMILY YMCA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
FIVE POINTS BRANCH 201 Tucker Avenue, Union					
	YOGA 5:30-6:30pm w/Lisa BOOT CAMP 6:45-7:30pm w/Terry	TAI CHI 6:45-7:30pm w/Rich	ZUMBA 6:45-7:30pm w/Kimberly		
RAHWAY BRANCH 1564 Irving Street, Rahway					
WATER AEROBICS 9:00-10:00am w/Carolyn	SILVERSNEAKERS 9:15-10:00am w/Leeanne *Registration not required	DEEP WATER EXERCISE 9:00-10:00am w/Carolyn	SILVERSNEAKERS 9:15-10:00am w/Leeanne *Registration not required	CHAIR YOGA 10:00-10:45am w/Joanne *Registration not required	
WELLNESS CENTER BRANCH 1000 Galloping Hill Road, Union					
YOGA 9:00-10:00am w/Paul BOOT CAMP 6:30-7:15pm w/Kelly (April 5 & 12)	FIRM & FIT 9:15-10:15am w/Wendy OUTDOOR CYCLING 5:00-5:45pm w/Curtis ZUMBA 7:00-7:45pm w/Kim		FIRM & FIT 9:15-10:15am w/Wendy	YOGA 9:00-10:00am w/Shaheda	OUTDOOR CYCLING 9:30-10:30am w/Curtis

VIRTUAL PROGRAMS AND ON-DEMAND VIRTUAL Y ALSO AVAILABLE

Register at www.tgfymca.org | Full Membership Required

APRIL 2021