



# BRANCH GROUP EXERCISE SCHEDULE

REGISTRATION REQUIRED | [TGFYMCA.ORG](http://TGFYMCA.ORG) | THE GATEWAY FAMILY YMCA

## WELLNESS CENTER BRANCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00-10:00am   Paul <b>YOGA</b>	9:15-10:15am   Wendy <b>FIRM &amp; FIT</b>		9:15-10:15am   Wendy <b>FIRM &amp; FIT</b>	9:00-10:00am   Shaheda <b>YOGA</b>
6:30-7:15pm   Kelly <b>BOOT CAMP</b>	5:00-5:45pm   Curtis <b>OUTDOOR CYCLING</b> (Starts 3/16)		5:00-5:45pm   Kathy <b>OUTDOOR CYCLING</b> (Starts 3/18)	
	7:00-7:45pm   Kim <b>ZUMBA</b>		7:00-7:45pm   Kim <b>ZUMBA</b>	

## RAHWAY BRANCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00-10:00am   Carolyn <b>WATER AEROBICS</b>	9:15-10:00am   Leanne <b>SILVERSNEAKERS</b>	9:00-10:00am   Carolyn <b>DEEP WATER EXERCISE</b>	9:15-10:00am   Leanne <b>SILVERSNEAKERS</b>	

VIRTUAL PROGRAMS ALSO AVAILABLE

Register at [www.tgfymca.org](http://www.tgfymca.org) | Full Membership Required

CLASS SCHEDULE MARCH 2021