



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					
ZUMBA 6:30-7:15pm Paola	YOGA 5:30-6:30pm Lisa HYDROHEALTH 9:00-10:00am Gerry DEEP WATER EXERCISE 10:00-11:00am Gerry BODY WORKS 6:45-7:30pm Terry	TAI CHI 6:45-7:30pm Rich	ZUMBA 6:45-7:30pm Kimberly HYDROHEALTH 9:00-10:00am Gerry DEEP WATER EXERCISE 10:00-11:00am Gerry	ZUMBA 6:30-7:15pm Paola	
RAHWAY BRANCH 1564 Irving Street, Rahway					
WATER AEROBICS 9:00-10:00am Carolyn CYCLING 7:00-7:45pm Diana	SILVERSNEAKERS 9:15-10:00am Leeanne *Registration not required	DEEP WATER EXERCISE 9:00-10:00am Carolyn TOTAL BODY WORKOUT 7:00-8:00pm Tracy	SILVERSNEAKERS 9:15-10:00am Leeanne *Registration not required	WATER AEROBICS 9:00-09:45am Carolyn CHAIR YOGA 10:00-10:45am Joanne *Registration not required	
WELLNESS CENTER BRANCH 1000 Galloping Hill Road, Union					
YOGA 9:00-10:00am Paul	FIRM & FIT 9:15-10:15am Wendy OUTDOOR STANDING CHAIR FITNESS 10:30-11:15am Trish OUTDOOR CYCLING 5:00-5:45pm Curtis ZUMBA 7:00-7:45pm Kim	YOGA 9:00-10:00am Shaheda OUTDOOR CYCLING 7:00-7:45pm Allison	FIRM & FIT 9:15-10:15am Wendy OUTDOOR STANDING CHAIR FITNESS 10:30-11:15am Trish	BACK TO ABS 8:15-8:45am Paul BODY WORKS 9:00-9:45am Paul	OUTDOOR CYCLING 9:30-10:30am w/ Kathy/Allison

VIRTUAL PROGRAMS AND ON-DEMAND VIRTUAL Y ALSO AVAILABLE

Register at www.tgfymca.org | Full Membership Required

MAY 2021