



# IN-PERSON BRANCH GROUP EXERCISE SCHEDULE

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>ELIZABETH BRANCH</b> 135 Madison Avenue, Elizabeth					
<b>ELIZABETH BRANCH CLASSES BEGIN WEEK OF 6/7</b>  <b>ZUMBA*</b> 9:15-10:00am   JeanCarlo *Registration not required	<b>ZUMBA*</b> 6:00-6:45pm   Damaris *Registration not required  <b>CYCLING*</b> 7:00-7:45pm   Cynthia *Registration not required	<b>ZUMBA*</b> 9:15-10:00am   JeanCarlo *Registration not required  <b>ENHANCE FITNESS*</b> 11:00-11:45am   Rafael *Registration not required  <b>CIRCUIT TRAINING*</b> 6:30-7:15pm   Rafael *Registration not required	<b>ZUMBA*</b> 6:00-6:45pm   Damaris *Registration not required  <b>CYCLING*</b> 7:00-7:45pm   Cynthia *Registration not required	<b>CIRCUIT TRAINING*</b> 6:30-7:15pm   Rafael *Registration not required	
<b>FIVE POINTS BRANCH</b> 201 Tucker Avenue, Union					
<b>ZUMBA*</b> 6:30-7:15pm   Paola *Registration not required	<b>ACTION AGAINST ARTHRITIS*</b> 8:00-9:00am   Linda *Registration not required  <b>ACTION AGAINST ARTHRITIS*</b> 9:15-10:15am   Linda *Registration not required  <b>YOGA*</b> 5:30-6:30pm   Lisa *Registration not required  <b>HYDROHEALTH</b> 9:00-10:00am   Gerry  <b>DEEP WATER EXERCISE</b> 10:00-10:45am   Gerry  <b>AQUA ZUMBA</b> 7:45-8:30pm   Terry  <b>ZUMBA TONING*</b> 6:45-7:30pm   Terry *Registration not required	<b>ACTIVE OLDER ADULTS*</b> 9:00-10:00am   Linda *Registration not required  <b>ENHANCE FITNESS*</b> 10:15-11:15am   Linda *Registration not required  <b>TAI CHI*</b> 6:30-7:30pm   Rich *Registration not required	<b>ZUMBA*</b> 6:45-7:30pm   Kimberly *Registration not required  <b>HYDROHEALTH</b> 9:00-10:00am   Gerry  <b>DEEP WATER EXERCISE</b> 10:00-10:45am   Gerry	<b>ZUMBA*</b> 6:30-7:15pm   Paola *Registration not required	
<b>RAHWAY BRANCH</b> 1564 Irving Street, Rahway					
<b>WATER AEROBICS</b> 9:00-9:45am   Carolyn  <b>CYCLING</b> 7:00-7:45pm   Diana	<b>SILVERSNEAKERS*</b> 9:15-10:00am   Leeanne *Registration not required	<b>DEEP WATER EXERCISE</b> 9:00-9:45am   Carolyn  <b>TOTAL BODY WORKOUT</b> 7:00-8:00pm   Tracy	<b>SILVERSNEAKERS*</b> 9:15-10:00am   Leeanne *Registration not required	<b>WATER AEROBICS</b> 9:00-9:45am   Carolyn  <b>CHAIR YOGA*</b> 10:00-10:45am   Joanne *Registration not required	
<b>WELLNESS CENTER BRANCH</b> 1000 Galloping Hill Road, Union					
<b>BUTTS &amp; GUTS</b> 8:15-8:45am   Paul  <b>YOGA</b> 9:00-10:00am   Paul	<b>FIRM &amp; FIT</b> 9:15-10:15am   Wendy  <b>OUTDOOR STANDING CHAIR FITNESS</b> 10:30-11:15am   Trish  <b>OUTDOOR CYCLING</b> 5:00-5:45pm   Curtis  <b>ZUMBA</b> 7:00-7:45pm   Kim	<b>YOGA</b> 9:00-10:00am   Shaheda  <b>OUTDOOR CYCLING</b> 7:00-7:45pm   Allison	<b>FIRM &amp; FIT</b> 9:15-10:15am   Wendy  <b>OUTDOOR STANDING CHAIR FITNESS</b> 10:30-11:15am   Trish	<b>BACK TO ABS</b> 8:15-8:45am   Paul  <b>BODY WORKS</b> 9:00-9:45am   Paul  <b>OUTDOOR CYCLING</b> 9:30-10:15am w/ Allison/Curtis	<b>OUTDOOR CYCLING</b> 9:30-10:30am w/ Kathy/Allison

\* Registration is not required for programs indicated. Entry will be first come, first serve. Capacity is limited.

VIRTUAL PROGRAMS AND ON-DEMAND VIRTUAL Y ALSO AVAILABLE

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

**JUNE 2021**