



IN-PERSON BRANCH GROUP EXERCISE SCHEDULE

REGISTRATION REQUIRED UNLESS INDICATED | TGFYMCA.ORG | THE GATEWAY FAMILY YMCA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
ELIZABETH BRANCH 135 Madison Avenue, Elizabeth					
ZUMBA* 9:15-10:00am JeanCarlo *Registration not required CYCLING* 7:00-7:45pm Cynthia *Registration not required	ZUMBA* 6:00-6:45pm Damaris *Registration not required	ZUMBA* 9:15-10:00am JeanCarlo *Registration not required ENHANCE FITNESS* 11:00-11:45am Rafael *Registration not required CYCLING* 7:00-7:45pm Cynthia *Registration not required	ZUMBA* 6:00-6:45pm Damaris *Registration not required	ENHANCE FITNESS* 11:00-11:45am Rafael *Registration not required	
FIVE POINTS BRANCH 201 Tucker Avenue, Union					
WATER EXERCISE 9:00-10:00am Ashley WATER EXERCISE 10:00-10:45am Ashley ZUMBA* 6:30-7:15pm Paola *Registration not required	WATER EXERCISE 9:00-10:00am Gerry WATER EXERCISE 10:00-10:45am Gerry YOGA* 5:30-6:30pm Lisa *Registration not required ZUMBA TONING* 6:45-7:30pm Terry *Registration not required AQUA ZUMBA 7:45-8:30pm Terry	WATER EXERCISE 9:00-10:00am Ashley WATER EXERCISE 10:00-10:45am Ashley ENHANCE FITNESS* 10:15-11:15am Martha *Registration not required TAI CHI* 6:30-7:30pm Rich *Registration not required	WATER EXERCISE 9:00-10:00am Gerry WATER EXERCISE 10:00-10:45am Gerry ZUMBA* 6:30-7:15pm Kimberly *Registration not required	ZUMBA* 6:30-7:15pm Paola *Registration not required	ZUMBA* 8:00-8:45am Paola *Registration not required
RAHWAY BRANCH 1564 Irving Street, Rahway					
WATER AEROBICS* 9:00-9:45am Carolyn *Registration not required ZUMBA* 9:30-10:15am JoAnn *Registration not required	SILVERSNEAKERS* 9:15-10:00am Leeanne *Registration not required	DEEP WATER EXERCISE* 9:00-9:45am Carolyn *Registration not required TOTAL BODY WORKOUT 7:00-8:00pm Tracy	SILVERSNEAKERS* 9:15-10:00am Leeanne *Registration not required YOGA* 7:00-8:00pm Jenneira *Registration not required	WATER AEROBICS* 9:00-9:45am Carolyn *Registration not required CHAIR YOGA* 10:00-10:45am Joanne *Registration not required	YOGA* 8:15-9:15am Jenneira *Registration not required
Please Note: Rahway Pool Closed 8/29-9/12					
WELLNESS CENTER BRANCH 1000 Galloping Hill Road, Union					
BUTTS & GUTS 8:15-8:45am Paul YOGA 9:00-10:00am Paul	FIRM & FIT 9:15-10:15am Wendy PILATES 10:30-11:15am Wendy OUTDOOR STANDING CHAIR FITNESS* 10:30-11:15am Trish *Registration not required OUTDOOR CYCLING* 5:00-5:45pm Curtis *Registration not required ZUMBA 7:00-7:45pm Kim	YOGA 9:00-10:00am Shaheda OUTDOOR CYCLING* 7:00-7:45pm Allison *Registration not required	FIRM & FIT 9:15-10:15am Wendy PILATES 10:30-11:15am Wendy OUTDOOR STANDING CHAIR FITNESS 10:30-11:15am Trish *Registration not required	BACK TO ABS 8:15-8:45am Paul BODY WORKS 9:00-9:45am Paul ZUMBA GOLD 10:30-11:15am Paola	OUTDOOR CYCLING* 9:30-10:15am w/ Kathy/Allison *Registration not required
					SUNDAY
					YOGA 8:00-9:00am Lisa

VIRTUAL PROGRAMS AND ON-DEMAND VIRTUAL Y ALSO AVAILABLE

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

Register at www.tgfymca.org | Full Membership Required **AUGUST 2021**