



IN-PERSON BRANCH GROUP EXERCISE SCHEDULE

REGISTRATION NOT REQUIRED UNLESS INDICATED | TGfYMCA.ORG | THE GATEWAY FAMILY YMCA
 YMCA GROUP EXERCISE CLASS ENTRY IS FIRST COME, FIRST SERVE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
ELIZABETH BRANCH 135 Madison Avenue, Elizabeth					
ZUMBA 9:15-10:00am JeanCarlo CYCLING 7:00-7:45pm Cynthia	ZUMBA 6:00-6:45pm Damaris	ZUMBA 9:15-10:00am JeanCarlo ENHANCE FITNESS 11:00-11:45am Rafael ZUMBA 6:00-7:00pm Awilda CYCLING 7:00-7:45pm Cynthia	ZUMBA 6:00-6:45pm Damaris	ENHANCE FITNESS 11:00-11:45am Rafael	
FIVE POINTS BRANCH 201 Tucker Avenue, Union					
ACTIVE OLDER ADULTS 9:00-10:00am Linda ACTIVE OLDER ADULTS 10:15-11:15am Linda ENHANCE FITNESS 10:15-11:15am Linda WATER EXERCISE* 9:00-10:00am Gerry *Registration Required WATER EXERCISE* 10:00-10:45am Gerry *Registration Required ZUMBA 6:30-7:15pm Kim	ACTION AGAINST ARTHRITIS 8:00-9:00am Linda 9:15-10:15am Linda WATER EXERCISE* 9:00-10:00am Terry 10:00-10:45am Terry *Registration Required TAI CHI 10:30-11:30am Linda OUTDOOR STANDING CHAIR FITNESS 10:30-11:15am Trish YOGA 5:15-6:15pm Lisa OUTDOOR ZUMBA TONING 6:45-7:30pm Terry AQUA ZUMBA* 7:45-8:30pm Terry *Registration Required	ACTIVE OLDER ADULTS 9:00-10:00am Linda WATER EXERCISE* 9:00-10:00am Gerry *Registration Required ACTIVE OLDER ADULTS 10:15-11:15am Linda WATER EXERCISE* 10:00-10:45am Gerry *Registration Required ENHANCE FITNESS 10:15-11:15am Linda OUTDOOR TAI CHI 6:30-7:30pm Rich	ACTION AGAINST ARTHRITIS 8:00-9:00am Linda 9:15-10:15am Linda WATER EXERCISE* 9:00-10:00am Diana 10:00-10:45am Diana *Registration Required TAI CHI 10:30-11:30am Linda OUTDOOR STANDING CHAIR FITNESS 10:30-11:15am Trish ZUMBA 6:30-7:15pm Kimberly	ZUMBA GOLD 9:15-10:00am Joanna ENHANCE FITNESS 10:15-11:15am Linda ZUMBA 6:30-7:15pm Briana	ZUMBA 8:00-8:45am Briana
Please Note: Classes taught by Linda will begin on September 7th.					
RAHWAY BRANCH 1564 Irving Street, Rahway					
WATER AEROBICS 9:00-9:45am Carolyn ZUMBA 9:30-10:15am JoAnn	H2O RUNNING 9:00-9:30am Carolyn AQUA ABS 9:30-10:00am Carolyn SILVERSNEAKERS 9:15-10:00am Leeanne	DEEP WATER EXERCISE 9:00-9:45am Carolyn TOTAL BODY WORKOUT 7:00-8:00pm Tracy	SILVERSNEAKERS 9:15-10:00am Leeanne YOGA 7:00-8:00pm Jenneira	WATER AEROBICS 9:00-9:45am Carolyn CHAIR YOGA 10:00-10:45am Joanne	YOGA 8:15-9:15am Jenneira
Please Note: Rahway Pool Closed 8/29-9/12					
WELLNESS CENTER BRANCH 1000 Galloping Hill Road, Union					
BUTTS & GUTS* 8:15-8:45am Paul *Registration Required YOGA* 9:00-10:00am Paul *Registration Required	FIRM & FIT* 9:15-10:15am Wendy *Registration Required PILATES* 10:30-11:15am Wendy *Registration Required OUTDOOR CYCLING 5:00-5:45pm Curtis	YOGA* 9:00-10:00am Shaheda *Registration Required YOGA* 5:00-6:00pm Lisa *Registration Required OUTDOOR CYCLING 7:00-7:45pm Allison	FIRM & FIT* 9:15-10:15am Wendy *Registration Required PILATES* 10:30-11:15am Wendy *Registration Required OUTDOOR CYCLING 5:00-5:45pm Kathy YOGA* 5:00-6:00pm Lisa *Registration Required	BACK TO ABS* 8:15-8:45am Paul *Registration Required BODY WORKS* 9:00-9:45am Paul *Registration Required	OUTDOOR CYCLING 9:30-10:15am w/ Kathy/Allison <div style="border: 2px solid purple; padding: 5px; text-align: center;">SUNDAY</div> YOGA* 8:00-9:00am Lisa *Registration Required

VIRTUAL PROGRAMS AND ON-DEMAND VIRTUAL Y ALSO AVAILABLE *Online Registration Required

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