



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 CYCLING 7:00-7:45pm Cynthia	ZUMBA 6:00-6:45pm Damaris GROUP LIFESTYLE BALANCE DIABETES PREVENTION PROGRAM* Begins 10/13 Thursdays 2:00-3:00pm Contact Rafael Cano, rcano@tgfymca.org	ENHANCE FITNESS 11:00-11:45am Rafael	ZUMBA 11:00-12:00pm Awilda
FIVE POINTS BRANCH 201 Tucker Avenue, Union					
ACTIVE OLDER ADULTS 9:00-10:00am Linda ENHANCE FITNESS 10:15-11:15am Linda WATER EXERCISE* 9:00-10:00am Gerry 10:00-10:45am Gerry * Registration Required	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 TAI CHI 10:30-11:30am Linda OUTDOOR ZUMBA TONING 6:45-7:30pm Terry AQUA ZUMBA* 7:45-8:30pm Terry	ACTIVE OLDER ADULTS 9:00-10:00am Linda ENHANCE FITNESS 10:15-11:15am Linda WATER EXERCISE* 9:00-10:00am Gerry 10:00-10:45am Gerry	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 TAI CHI 10:30-11:30am Linda 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
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 YOUTH YOGA* (8-12) 3:30-4:30pm Sabrina TEEN YOGA* (13-18) 4:30-5:30pm Sabrina	DEEP WATER EXERCISE 9:00-9:45am Carolyn PILATES 9:00-10:00am EJ TOTAL BODY WORKOUT 7:00-8:00pm Tracy PILATES 7:00-8:00pm Tracy	SILVERSNEAKERS 9:15-10:00am Leeanne YOGA 7:00-8:00pm Jenneira DIABETES MANAGEMENT PROGRAM* October 8- November 12 Fridays 12:00-1:30pm (includes lunch) Register Online https://bit.ly/DMPRahway Or contact the Welcome Center	WATER AEROBICS 9:00-9:45am Carolyn CHAIR YOGA 10:00-10:45am Joanne	YOGA 8:15-9:15am Jenneira SUNDAY YOGA 9:00-10:00am Luis (Begins 10/9)
WELLNESS CENTER BRANCH 1000 Galloping Hill Road, Union					
BUTTS & GUTS S4 8:15-8:45am Paul YOGA S4 9:00-10:00am Paul ZUMBA S1 6:30-7:15pm Kimberly HIIT S1 7:30-8:30pm Allison STUDIO KEY S1 = Studio 1 S4 = Studio 4 * = Registration Required	HIIT S1 6:00-6:45am Kathy FIRM & FIT S4 9:15-10:15am Wendy PILATES S4 10:30-11:15am Wendy STANDING CHAIR FITNESS S1 10:30-11:15am Trish WALKING FOR WELLNESS* (Varies) 11:30-12:30pm Gwen OUTDOOR CYCLING 5:00-5:45pm Curtis YOGA S4 5:30-6:30pm Lisa	YOGA S4 9:00-10:00am Shaheda YOGA S1 5:00-6:00pm Lisa TAI CHI S1 6:30-7:30pm Rich YOGA S4 7:30-8:30pm Donna	HIIT S1 6:00-6:45am Kathy FIRM & FIT S4 9:15-10:15am Wendy PILATES S4 10:30-11:15am Wendy STANDING CHAIR FITNESS S1 10:30-11:15am Trish YOGA S1 7:30-8:30pm Lisa	BACK TO ABS S4 8:15-8:45am Paul BODY WORKS S4 9:00-9:45am Paul	YOGA S4 8:00-9:00am Lisa OUTDOOR CYCLING 9:30-10:15am Kathy/Allison SUNDAY YOGA S4 8:00-9:00am Lisa GROUP LIFESTYLE BALANCE DIABETES PREVENTION PROGRAM* Virtual Program Available Contact Paul, bpsm@tgfymca.org

VIRTUAL PROGRAMS AND ON-DEMAND VIRTUAL Y ALSO AVAILABLE

Register at www.tgfymca.org | Full Membership Required

OCTOBER 2021