



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	ZUMBA 6:00-6:45pm Damaris	ZUMBA 9:15-10:00am JeanCarlo ENHANCE FITNESS 11:00-11:45am Rafael	CYCLING 9:15-10:00am Cynthia ZUMBA 6:00-6:45pm Damaris	ENHANCE FITNESS 11:00-11:45am Rafael GROUP LIFESTYLE BALANCE DIABETES PREVENTION PROGRAM* Thursdays 2:00-3:00pm Contact Rafael Cano, rcano@tgfymca.org	ZUMBA 11:00-12:00pm Awilda
FIVE POINTS BRANCH 201 Tucker Avenue, Union					
ACTIVE OLDER ADULTS 9:00-10:00am Linda WATER EXERCISE* 9:00-10:00am Gerry 10:00-10:45am Gerry ENHANCE FITNESS 10:15-11:15am Linda * 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 ZUMBA TONING I S 6:45-7:30pm Terry	ACTIVE OLDER ADULTS 9:00-10:00am Linda WATER EXERCISE* 9:00-10:00am Gerry 10:00-10:45am Gerry ENHANCE FITNESS 10:15-11:15am Linda	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	WATER EXERCISE* 9:00-10:00am Terry 10:00-10:45am Terry ZUMBA GOLD 9:15-10:00am Joanna ENHANCE FITNESS 10:15-11:15am Linda	ZUMBA I S 8:15-9:00am Briana
RAHWAY BRANCH 1564 Irving Street, Rahway					
WATER AEROBICS 9:00-9:45am Carolyn ZUMBA 9:15-10:00am JoAnn	H2O RUNNING 9:00-9:30am Carolyn AQUA ABS 9:30-10:00am Carolyn SILVERSNEAKERS 9:15-10:00am Laura	DEEP WATER EXERCISE 9:00-9:45am Carolyn PILATES 9:30-10:30am EJ TOTAL BODY WORKOUT 7:00-8:00pm Tracy	SILVERSNEAKERS 9:15-10:00am Leeanne YOGA 6:00-7:00pm Jenneira DIABETES MANAGEMENT PROGRAM* Thursday 11:30-1:00pm (Includes lunch) Register Online https://bit.ly/DMPRahway	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
WELLNESS CENTER BRANCH 1000 Galloping Hill Road, Union					
CYCLING I S1 6:00-6:45am Jacob BUTTS & GUTS I S1 8:15-8:45am Staff YOGA I S1 9:00-10:00am Staff ZUMBA I S1 6:30-7:15pm Kimberly	HIIT I S1 6:00-6:45am Kathy FIRM & FIT I S1 9:15-10:15am Wendy PILATES I S4 10:30-11:15am Wendy STANDING CHAIR FITNESS I S1 10:30-11:15am Trish STANDING CHAIR FITNESS I S4 11:30-12:15pm Trish CYCLING I S1 5:00-5:45pm Curtis YOGA I S1 6:15-7:15pm Lisa	CYCLING I S1 6:00-6:45am Jacob YOGA I S1 9:00-10:00am Shaheda CHAIR YOGA I S1 10:15-11:15am Shaheda YOGA I S1 5:00-6:00pm Lisa GROUP LIFESTYLE BALANCE—DIABETES PREVENTION PROGRAM* Contact bpsm@tgfymca.org	HIIT I S1 6:00-6:45am Kathy FIRM & FIT I S1 9:15-10:15am Wendy PILATES I S4 10:30-11:15am Wendy STANDING CHAIR FITNESS I S1 10:30-11:15am Trish ZUMBA I S1 6:30-7:15pm Kimberly YOGA I S1 7:30-8:30pm Lisa	BACK TO ABS I S1 8:15-8:45am Staff BODY WORKS I S1 9:00-9:45am Staff ZUMBA I S1 6:45-7:30pm Briana	YOGA I S4 8:00-9:00am Lisa CYCLING I S1 9:30-10:15am Kathy/Allison STANDING CHAIR FITNESS I S1 10:30-11:15am Jan YOUTH STRENGTH TRAINING* 11:00-12:00pm Age 10-13 ZUMBA I S1 1:00-1:45pm Briana
STUDIO KEY S = Studio S1 = Studio 1 S4 = Studio 4 * = Registration Required				SUNDAY YOGA I S4 8:00-9:00am Lisa PIYO I S1 8:00-9:00am Fabiola	SUNDAY CYCLING I S1 9:15-10:00am Fabiola

VIRTUAL PROGRAMS, VIRTUAL Y ON-DEMAND AND YMCA360 ALSO AVAILABLE

Winter 2022 Session January 3 - February 27

Register at www.tgfymca.org | Full Membership Required

WINTER 2022