



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 <div style="border: 1px solid black; padding: 5px;"> GROUP LIFESTYLE BALANCE DIABETES PREVENTION PROGRAM* Thursdays 2:00-3:00pm Contact Rafael Cano, rcano@tgfymca.org </div>	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 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 8:00-8:45am Briana
<div style="border: 1px solid black; padding: 5px;">PLEASE NOTE: Five Points Water Exercise & Linda's Classes will end on 12/23</div>					
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 Laura 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 <div style="border: 1px solid black; padding: 5px; text-align: center;">SUNDAY</div> YOGA 9:00-10:00am Luis
<div style="border: 1px solid black; padding: 5px;">PLEASE NOTE: Rahway Group Exercise Classes will end on 12/23. Water Exercise WILL be offered.</div>					
WELLNESS CENTER BRANCH 1000 Galloping Hill Road, Union					
BUTTS & GUTS I S1 8:15-8:45am Paul YOGA I S1 9:00-10:00am Paul ENHANCE FITNESS I S1 12:30-1:30pm Martha ZUMBA I S1 6:30-7:15pm Kimberly HIIT I S1 7:30-8:30pm Allison <div style="border: 1px solid black; padding: 5px;"> STUDIO KEY S = Studio S1 = Studio 1 S4 = Studio 4 * = Registration Required </div>	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	YOGA I S1 9:00-10:00am Shaheda CHAIR YOGA I S1 9:00-10:00am Shaheda YOGA I S1 5:00-6:00pm Lisa <div style="border: 1px solid black; padding: 5px;"> GROUP LIFESTYLE BALANCE—DIABETES PREVENTION PROGRAM* Virtual Program Available—Contact Paul, bpsm@tgfymca.org </div>	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 ENHANCE FITNESS I S1 12:30-1:30pm Martha 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 Paul BODY WORKS I S1 9:00-9:45am Paul ZUMBA I S1 6:30-7:15pm Briana	YOGA I S4 8:00-9:00am Lisa CYCLING I S1 9:30-11:15am Kathy/Allison ZUMBA I S1 1:00-1:45pm Briana YOUTH STRENGTH TRAINING* 11:00-11:45am Age 10-13 <div style="border: 1px solid black; padding: 5px; text-align: center;">SUNDAY</div> YOGA I S1 8:00-9:00am Lisa

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

The YMCA will be closed for Holiday Break 12/24-12/26 & 12/31-1/2

Register at www.tgfymca.org | Full Membership Required

DECEMBER 2021