



# IN-PERSON BRANCH GROUP EXERCISE SCHEDULE

REGISTRATION NOT REQUIRED UNLESS INDICATED\* | [TGfYMCA.ORG](http://TGfYMCA.ORG) | THE GATEWAY FAMILY YMCA  
 YMCA GROUP EXERCISE CLASS ENTRY IS FIRST COME, FIRST SERVE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>ELIZABETH BRANCH</b> 135 Madison Avenue, Elizabeth					
ZUMBA 9:15-10:00am   JeanCarlo		ZUMBA 9:15-10:00am   JeanCarlo  ENHANCE FITNESS 11:00-11:45am   Rafael  ZUMBA TONING 6:15-7:00pm   Damaris		SWEAT AND TONE 9:15-10:00am   Staff  ENHANCE FITNESS 11:00-11:45am   Rafael  Blood Pressure Self-Monitoring 12:15-1:15pm   Rafael  BPSM Presetacion de Alimentacion Saludable* 2:00pm See Mobile App or Website	
<b>FIVE POINTS BRANCH</b> 201 Tucker Avenue, Union					
WATER EXERCISE 8:00-8:45am   Gerry 9:00-9:45am   Gerry  ACTIVE OLDER ADULTS 9:00-10:00am   Laura	WATER EXERCISE 8:00-8:45am   Terry 9:00-9:45am   Terry  ZUMBA TONING I S 6:45-7:30pm   Terry  AQUA ZUMBA 7:45-8:30pm   Terry	WATER EXERCISE 8:00-8:45am   Gerry 9:00-9:45am   Gerry  ACTIVE OLDER ADULTS 9:00-10:00am   Laura  WATER EXERCISE 8:00-8:45pm   Laura	ACTION AGAINST ARTHRITIS 9:15-10:15am   Laura  WATER EXERCISE 8:00-8:45am   Staff 9:00-9:45am   Staff	WATER EXERCISE 8:00-8:45am   Terry 9:00-9:45am   Terry	
<b>RAHWAY BRANCH</b> 1564 Irving Street, Rahway					
WATER AEROBICS 9:00-9:45am   Carolyn  ZUMBA 9:15-10:00am   JoAnn	Blood Pressure Self-Monitoring 8:00am   LeeAnne  H2O RUNNING 9:00-9:30am   Carolyn  SILVERSNEAKERS 9:15-10:00am   Laura  AQUA ABS 9:30-10:00am   Carolyn	DEEP WATER EXERCISE 9:00-9:45am   Carolyn  PILATES 9:30-10:30am   EJ  YOGA (Begins 8/10) 6:00-7:00pm   Caitlin	SILVERSNEAKERS 9:15-10:00am   Leeanne  DIABETES MANAGEMENT PROGRAM* 11:30-1:00pm (Includes lunch) Register Online <a href="https://bit.ly/DMPRahway">https://bit.ly/DMPRahway</a>	WATER AEROBICS 9:00-9:45am   Carolyn  CHAIR YOGA 10:00-10:45am   Joanne	YOGA 9:15-10:15am   Luis
<b>WELLNESS CENTER BRANCH</b> 1000 Galloping Hill Road, Union					
CYCLING I S 6:00-6:45am   Jacob  BUTTS & GUTS I S1 8:15-8:45am   Wendy  YOGA I S1 9:00-10:00am   Andrea  BARRE I S4 6:30-7:30pm   Allison  ZUMBA I S1 7:30-8:15pm   Kimberly	HIIT I S1 6:00-6:45am   Kathy  Blood Pressure (BPSM) 8:30-9:30am   Jodi  FIRM & FIT I S1 9:15-10:15am   Wendy  PILATES I S4 10:30-11:15am   Wendy  STANDING CHAIR FIT I S1 10:30-11:15pm   Trish  WALKING FOR WELLNESS* 11:30-12:30pm   Gwen  CYCLING I S 5:15-6:15pm   Staff  YOGA I S4 6:15-7:15pm   Lisa  STRENGTH & CORE I S1 7:00-7:45pm   Taryn	CYCLING I S 6:00-6:45am   Jacob  YOGA I S4 9:00-10:00am   Shaheda  Blood Pressure (BPSM) 10:00am   Jodi  CHAIR YOGA I S4 10:15-11:00am   Shaheda  ENHANCE FITNESS I S4 11:15-12:15pm   Martha  YOGA I S4 5:00-6:00pm   Lisa  ZUMBA I S1 7:00-7:45pm   Taryn	HIIT I S1 6:00-6:45am   Kathy  Blood Pressure (BPSM) 8:30-9:30am   Jodi  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 7:30-8:15pm   Kimberly  RESTORATIVE YOGA I S4 7:30-8:30pm   Lisa *2 Blankets Required	FIRM & FIT I S1 8:15-8:45am   Laura  ZUMBA GOLD I S1 9:15-10:00am   Joanna  ZUMBA I S1 6:45-7:30pm   Taryn	YOGA I S4 8:00-9:00am   Lisa  ZUMBA I S1 10:00-11:00am   Awilda  CYCLING I S 9:30-10:15am Kathy/Allison
				<b>SUNDAY</b>	
<b>STUDIO KEY</b> S = Studio S1 = Studio 1 S4 = Studio 4 * = Registration Required				VINYASA YOGA I S4 8:00-9:00am   Lisa  PIYO I S1 8:00-9:00am   Fabiola	CYCLING I S 9:15-10:00am   Fabiola  YOUTH STRENGTH TRAINING* Age 10-13 11:00-12:00pm

**PERSONAL TRAINING, SEMI-PRIVATE PERSONAL TRAINING, YOGA PRIVATE & SEMI-PRIVATE TRAINING AVAILABLE!\***  
 Personal Training Available at Elizabeth, Rahway & Wellness Center Branches  
 4 Sessions - 45 Minutes, Schedule with your Branch