



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					
CYCLING 9:15-10:00am Cynthia		CYCLING 9:15-10:00am Cynthia ENHANCE FITNESS 11:00-11:45am Rafael ZUMBA 6:15-7:00 Damaris		ENHANCE FITNESS 11:00-11:45am Rafael Blood Pressure Self-Monitoring 12:15-1:15pm Rafael BPSM Presetacion *** 2:00pm See Mobile App or Website	
FIVE POINTS BRANCH 201 Tucker Avenue, Union					
ACTIVE OLDER ADULTS 9:00-10:00am Linda WATER EXERCISE 9:00-10:00am Terry 10:00-11:00am Terry 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 Terry 10:00-11:00am Terry TAI CHI 10:30-11:30am Linda ZUMBA TONING S 6:45-7:30pm Terry AQUA ZUMBA 7:45-8:30pm Terry	ACTIVE OLDER ADULTS 9:00-10:00am Linda WATER EXERCISE 8:00am-10:00am Terry 9:00am-10:00am Terry ENHANCE FITNESS 10:15-11:15am Linda WATER EXERCISE 8:00-8:45pm Laura	ACTION AGAINST ARTHRITIS 8:00-9:00am Linda 9:15-10:15am Linda WATER EXERCISE 9:00-10:00am Diana 10:00-11:00am Diana TAI CHI 10:30-11:30am Linda	WATER EXERCISE 9:00-10:00am Diana 10:00-11:00am Diana ENHANCE FITNESS 10:15-11:15am Linda	
RAHWAY BRANCH 1564 Irving Street, Rahway					
WATER AEROBICS 9:00-9:45am Carolyn ZUMBA 4:00-4:45pm 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 POWER YOGA 6:00-7:00pm Caitlin	SILVERSNEAKERS 9:15-10:00am Leeanne DIABETES MANAGEMENT PROGRAM* 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 9:15-10:15am Luis
WELLNESS CENTER BRANCH 1000 Galloping Hill Road, Union					
CYCLING S 6:00-6:45am Jacob BUTTS & GUTS S1 8:15-8:45am Wendy YOGA S1 9:00-10:00am Andrea GROUP DANCE FOR HEALTHY LIFESTYLE S1 (Begins 10/3) 10:15-11:15am Jan ENHANCE FITNESS S1 11:15-12:15pm Martha BODY PUMP S1 5:30-6:30pm Kelly BARRE S4 6:30-7:30pm Allison ZUMBA S1 7:30-8:15pm Kimberly	HIIT S1 6:00-6:45am Kathy FIRM & FIT S1 9:15-10:15am Wendy PILATES S4 10:30-11:15am Wendy STANDING CHAIR FIT S1 10:30-11:15pm Trish WALKING FOR WELLNESS* 11:30-12:30pm Gwen CYCLING S 5:15-6:15pm Staff YOGA S4 6:15-7:15pm Lisa STRENGTH & CORE S1 7:00-7:45pm Taryn	CYCLING S 6:00-6:45am Jacob YOGA S4 9:00-10:00am Shaheda CHAIR YOGA S4 10:15-11:00am Shaheda ENHANCE FITNESS S1 11:15-12:15pm Martha WISE CARDIO JAM S4 2:00-3:00pm Susan YOGA S4 5:00-6:00pm Lisa ZUMBA S1 7:00-7:45pm Taryn	HIIT S1 6:00-6:45am Kathy FIRM & FIT S1 9:15-10:15am Wendy PILATES S4 10:30-11:15am Wendy STANDING CHAIR FITNESS S1 10:30-11:15am Trish ZUMBA S1 7:30-8:15pm Kimberly RESTORATIVE YOGA S4 7:30-8:30pm Lisa *2 Blankets Required	FIRM & FIT S1 8:15-8:45am Laura WISE CARDIO JAM S4 2:00-3:00pm Susan ZUMBA S1 6:45-7:30pm Taryn	YOGA S4 8:00-9:00am Lisa ZUMBA S1 10:00-11:00am Awilda CYCLING S 9:30-10:15am Kathy/Allison
				SUNDAY	
				VINYASA YOGA S4 8:00-9:00am Lisa PIYO S1 8:00-9:00am Fabiola	CYCLING 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					
				STUDIO KEY S = Studio S1 = Studio 1 S4 = Studio 4 * = Registration Required	

Fall 1 2022 9/6—10/30 (No classes 9/5) Virtual Programs, On Demand and YMCA360 Available!
 Register at www.tgfymca.org | Full Membership Required, with the exception of programs in Purple

FALL 1 2022