



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 ZUMBA 6:15-7:00pm Anita	ZUMBA 6:15-7:00pm Damaris	CYCLING 9:15-10:00am Cynthia		
FIVE POINTS BRANCH 201 Tucker Avenue, Union					
	ACTION AGAINST ARTHRITIS 8:00-9:00am Linda 9:15-10:15am Linda TAI CHI 10:30-11:30am Linda	ACTIVE OLDER ADULTS 9:00-10:00am Linda ENHANCE FITNESS 10:15-11:15am Linda	ACTION AGAINST ARTHRITIS 8:00-9:00am Linda 9:15-10:15am Linda TAI CHI 10:30-11:30am Linda	ENHANCE FITNESS 10:15-11:15am Linda	
RAHWAY BRANCH 1564 Irving Street, Rahway					
	SILVERSNEAKERS 9:15-10:00am Laura	YOGA 6:00-7:00pm Luis	SILVERSNEAKERS 9:15-10:00am Leeanne		
				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	
WELLNESS CENTER BRANCH 1000 Galloping Hill Road, Union					
CYCLING IS 6:00-6:45am Jacob BUTTS & GUTS IS1 8:15-8:45am Wendy YOGA IS1 9:00-10:00am Andrea GROUP DANCE FOR HEALTHY LIFESTYLE IS1 10:15-11:00am Jan ENHANCE FITNESS IS1 11:15-12:15pm Martha CHAIR YOGA IS4 11:30-12:15pm JoAnn BODY PUMP IS1 5:30-6:30pm Kelly BARRE IS4 6:30-7:30pm Allison	HIIT IS1 6:00-6:45am Kathy CYCLING IS 9:00-9:45am Curtis FIRM & FIT IS1 9:15-10:15am Wendy PILATES IS4 10:30-11:15am Wendy STANDING CHAIR FIT IS1 10:30-11:15pm Trish WALKING FOR WELLNESS* 11:30-12:30pm Gwen CYCLING IS 6:15-7:15pm Staff YOGA IS4 6:00-7:00pm Lisa	CYCLING IS 6:00-6:45am Jacob YOGA IS4 9:00-10:00am Lisa BLOOD PRESSURE SELF-MONITORING 10:00-11:00am Jodi CHAIR YOGA IS4 10:15-11:00am Andrea ENHANCE FITNESS IS1 11:15-12:15pm Martha SILVERSNEAKERS IS4 12:30-1:15pm JoAnn WISE CARDIO JAM IS1 2:00-3:00pm Susan YOGA IS4 6:00-7:00pm Lisa ZUMBA IS1 7:00-7:45pm Taryn	HIIT IS1 6:00-6:45am Kathy BLOOD PRESSURE SELF-MONITORING 9:00-10:00am Jodi FIRM & FIT IS1 9:15-10:15am Wendy PILATES IS4 10:30-11:15am Wendy STANDING CHAIR FITNESS IS1 10:30-11:15am Trish RESTORATIVE YOGA IS4 7:30-8:30pm Lisa *2 Blankets Required	BODY PUMP IS1 9:00-10:00am Kelly CHAIR YOGA IS4 11:30-12:15pm JoAnn SILVERSNEAKERS IS4 12:30-1:15pm JoAnn WISE CARDIO JAM IS1 2:00-3:00pm Susan ZUMBA DANCE PARTY S1 7:00-8:00pm Awilda	
	STUDIO KEY S = Studio S1 = Studio 1 S4 = Studio 4 * = Registration Required				SUNDAY

12/26—12/30 On Demand and YMCA360 Available!

Register at www.tgfymca.org | Full Membership Required, with the exception of programs in Purple

HOLIDAY 2022