



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 | ENHANCE FITNESS 11:00-11:45am Rafael ZUMBA 6:15-7:00pm Damaris | CYCLING 9:15-10:00am Cynthia | 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 ZUMBA 6:15-7:00pm Ana | ABS AND GLUTES 11:00-11:45am Rafael SPANISH DIABETES PREVENTION PROGRAM* 10:00-11:00am Rafael 908-355-9622 |
| 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 IS 6:45-7:30pm Terry AQUA ZUMBA 7:45-8:30pm Terry | WATER EXERCISE 8:00am-9:00am Terry 9:00am-10:00am Terry 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 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 RAISE THE BALL 10:30-11:15am Leeanne CHAIR YOGA 11:30-12:15pm JoAnn | BLOOD PRESSURE SELF-MONITORING 8:00-9:00am Leeanne H2O RUNNING 9:00-9:30am Carolyn SILVERSNEAKERS 9:15-10:00am Laura AQUA ABS 9:30-10:00am Carolyn YOUTH STRENGTH TRAINING* Age 8-12 5:00-6:00pm | AQUA YOGA 9:00-9:45am Carolyn PILATES 9:30-10:30am EJ SILVERSNEAKERS 12:30-1:15pm JoAnn BLOOD PRESSURE SELF-MONITORING 5:00-5:45pm Leeanne AOA STRENGTH & STABILITY 6:00-7:00pm Leeanne | SILVERSNEAKERS 9:15-10:00am Leeanne DIABETES MANAGEMENT PROGRAM* 11:30-1:00pm (Includes lunch) Register Online https://bit.ly/DMPRahway TEEN FITNESS* 5:00-6:00pm | WATER AEROBICS 9:00-9:45am Carolyn CHAIR YOGA 10:00-10:45am Joanne <div style="border: 1px solid black; padding: 5px;"> 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 </div> | YOGA 9:15-10:15am Luis |
| 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 BLOOD PRESSURE SELF-MONITORING 9:00-10:00am Jodi BODY PUMP IS1 5:30-6:30pm Kelly ZUMBA IS1 7:30-8:15pm Kimberly | HIIT IS1 6:00-6:45am Kathy CYCLING IS 9:15-10:00am Curtis FIRM & FIT IS1 9:15-10:15am Wendy PILATES IS4 10:30-11:15am Wendy WALKING FOR WELLNESS* 11:30-12:30pm Gwen FIT & FIRM IS1 5:30-6:30pm MaryLou CYCLING IS 6:15-7:15pm Fabiola YOGA IS4 6:00-7:00pm Lisa BARRE IS4 7:15-8:15pm Allison | CYCLING IS 6:00-6:45am Jacob YOGA IS4 9:00-10:00am Lisa CHAIR YOGA IS1 10:15-11:00am Andrea ENHANCE FITNESS IS1 11:15-12:15pm Martha WISE CARDIO JAM IS1 2:00-3:00pm Susan YOGA IS4 6:00-7:00pm Lisa ZUMBA IS1 7:00-7:45pm Taryn <div style="border: 1px solid black; padding: 5px;"> STUDIO KEY S = Studio S1 = Studio 1 S4 = Studio 4 * = Registration Required </div> | HIIT IS1 6:00-6:45am Kathy FIRM & FIT IS1 9:15-10:15am Wendy PILATES IS4 10:30-11:15am Wendy STANDING CHAIR FITNESS IS1 10:30-11:15am Jan POWER YOGA IS4 6:15-7:00pm Fabiola ZUMBA IS1 7:30-8:15pm Kimberly RESTORATIVE YOGA IS4 7:30-8:30pm Lisa *2 Blankets Required | BODY PUMP IS1 9:00-10:00am Kelly BLOOD PRESSURE SELF-MONITORING 10:00-11:00am Jodi BODY WORKS IS1 10:15-11:00am MaryLou CHAIR YOGA IS1 11:30-12:15pm JoAnn SILVERSNEAKERS 12:30-1:15pm JoAnn WISE CARDIO JAM IS1 2:00-3:00pm Susan ZUMBA DANCE PARTY S1 7:00-8:00pm Awilda | YOGA IS4 8:00-9:00am Lisa BODY WORKS IS1 9:00-9:45am MaryLou CYCLING IS 9:30-10:15am Kathy/Allison ZUMBA IS1 10:00-11:00am Awilda <div style="background-color: #e0e0e0; padding: 5px;">SUNDAY</div> VINYASA YOGA IS4 8:00-9:00am Lisa PIYO IS1 8:00-9:00am Fabiola CYCLING IS 9:15-10:00am Fabiola ZUMBA IS1 10:00-11:00am Briana YOUTH STRENGTH TRAINING* Age 10-13 11:00-12:00pm |

1/2-2/26 Virtual Programs, On Demand and YMCA360 Available!

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

WINTER 2023