



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					
7TH GRADE WELLNESS PROGRAM 3:30-5:30pm Rafael ZUMBA 5:30-6:15pm Diana	CYCLING 9:15-10:00am Cynthia 7TH GRADE WELLNESS PROGRAM 3:30-5:30pm Rafael	ENHANCE FITNESS 11:00-11:45am Rafael 7TH GRADE WELLNESS PROGRAM 3:30-5:30pm Rafael ZUMBA 5:30-6:30pm Ana	CYCLING 9:15-10:00am Cynthia 7TH GRADE WELLNESS PROGRAM 3:30-5:30pm Rafael	ENHANCE FITNESS 11:00-11:45am Rafael Blood Pressure Self-Monitoring 12:15-1:15pm Rafael 7TH GRADE WELLNESS PROGRAM 3:30-5:30pm Rafael ZUMBA 5:30-6:15pm Diana	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 FIT 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	<div style="border: 1px solid black; padding: 5px;"> SAVE THE DATE! YMCA MEMBERSHIP MADNESS OPEN HOUSE March 22-24 - Bring Your Family & Friends EASTER SUNDAY, APRIL 9 No Classes HEALTHY KIDS DAY Saturday, April 29 </div>
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 YOUTH STRENGTH TRAINING* 5:00-6:00pm TEEN FITNESS* 6:00-7:00pm	BLOOD PRESSURE SELF-MONITORING 8:00-9:00am Leeanne AQUA ABS 9:00-9:45am Staff SILVERSNEAKERS 9:15-10:00am Leeanne AQUA ABS 9:30-10:00am Staff 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	YOGA 9:15-10:15am Luis
<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>					
WELLNESS CENTER BRANCH 1000 Galloping Hill Road, Union					
CYCLING IS 6:00-6:45am Jacob BUTTS & GUTS IS1 8:15-8:45am Wendy YOGA IS4 9:00-10:00am Andrea BLOOD PRESSURE SELF-MONITORING 9:00-10:00am Jodi GROUP DANCE FOR HEALTHY LIVING IS1 10:15-11:00am Jan ENHANCE FITNESS IS1 11:15-12:15pm Martha BODY PUMP IS1 5:30-6:30pm Kelly (March Only) 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	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	CYCLING IS 6:00-6:45am Jacob BODY PUMP IS1 9:00-10:00am Kelly (March Only) 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; text-align: center;">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 9:30-10:30am Briana YOUTH STRENGTH TRAINING* Age 10-13 11:00-12:00pm
<div style="border: 1px solid black; padding: 5px;"> STUDIO KEY S = Studio S1 = Studio 1 S4 = Studio 4 * = Registration Required </div>					
2/27-4/23 Virtual Programs, On Demand and YMCA360 Available!					

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

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