



IN-PERSON BRANCH INSTUDIO GROUP EXERCISE SCHEDULE



InStudio is an innovative fitness platform combining the in-person group experience with digital programs & instructors from across the country!

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	SUNDAY
WELLNESS CENTER BRANCH 1000 Galloping Hill Road, Union						
TAI CHI FOR HEALTH S1 INSTUDIO 6:45-7:15pm David	BEGINNER LATIN DANCE S1 INSTUDIO 11:00-11:35am Ara TOTAL BODY BOOT CAMP S1 INSTUDIO 7:30- 8:15pm Desiree	MINDFULNESS COOL DOWN S1 INSTUDIO 8:00-8:30am Adomis CARDIO DANCE S1 INSTUDIO 9:15-9:45am Francis ATHLETIC CONDITIONING S1 INSTUDIO 6:00-6:45pm Leonard	POWER YOGA 3 S1 INSTUDIO 8:15-8:45am Danny	TAI CHI FUSION S1 INSTUDIO 8:00-8:30am Amy	RISE AND SHINE 2 S1 INSTUDIO 8:15-8:45am Shalen	

2/16-4/23 Virtual Programs, On Demand and YMCA360 Available!

SPRING 1 2023

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