



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						
<p>YBOX S1 INSTUDIO 5:45-6:30pm Jessie</p> <p>TAI CHI FOR HEALTH S1 INSTUDIO 6:45-7:15pm David</p>	<p>TOTAL BODY BOOT CAMP S1 INSTUDIO 7:30- 8:15pm Desiree</p>	<p>MINDFULNESS COOL DOWN S1 INSTUDIO 8:00-8:30am Adomis</p> <p>CARDIO DANCE S1 INSTUDIO 9:15-9:45am Francis</p> <p>ATHLETIC CONDITIONING S1 INSTUDIO 6:00-6:45pm Leonard</p>	<p>POWER YOGA 3 S1 INSTUDIO 8:15-8:45am Danny</p> <p>WORLD DANCE S1 INSTUDIO 12:00-12:30pm Jessie</p>	<p>TAI CHI FUSION S1 INSTUDIO 8:00-8:30am Amy</p> <p>YBOX S1 INSTUDIO 9:00-9:45am Jackie</p> <p>HEALTHY KIDS DAY Friday, April 28</p> <p>FAMILY PILATES FOR KIDS S1 INSTUDIO 5:00-5:30pm Polly</p>	<p>RISE AND SHINE 2 S1 INSTUDIO 8:15-8:45am Shalen</p> <p>FAMILY PIRATE SHIP PLAY DATE S1 INSTUDIO 11:30-11:54am Corrie</p> <p>HEALTHY KIDS DAY Saturday, April 29</p> <p>FAMILY PILATES FOR KIDS S1 INSTUDIO 12:30-1:00pm Polly</p> <p>TRAVEL ADVENTURE FOR FAMILIES S1 INSTUDIO 1:15-1:45pm Corrie</p> <p>STRETCH & STRENGTH FOR KIDS S1 INSTUDIO 2:00-2:30pm Lindsay</p>	<p>FAMILY PILATES FOR KIDS S1 INSTUDIO 12:00-12:27pm Polly</p> <p>HEALTHY KIDS DAY Sunday, April 30</p> <p>FAMILY PILATES FOR KIDS S1 INSTUDIO 12:00-12:27pm Polly</p>
<p>HEALTHY KIDS DAY—FAMILY OPEN HOUSE! Saturday, April 29th at All Branches Join us for Additional InStudio Programs Community Members Welcome!</p>						

4/24—6/25 Virtual Programs, On Demand and YMCA360 Available!

SPRING 2 2023

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