



IN-PERSON BRANCH INSTUDIO GROUP EXERCISE SCHEDULE



InStudio



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						
YBOX S1 INSTUDIO 5:45-6:30pm Jessie TAI CHI FUSION S1 INSTUDIO 6:45-7:15pm Amy	HIIT S1 INSTUDIO 7:15-7:50pm Kelly	MINDFULNESS COOL DOWN S1 INSTUDIO 8:00-8:30am Adomis CARDIO DANCE S4 INSTUDIO 9:15-9:45am Francis HIIT S1 INSTUDIO 6:00-6:36pm Jessie	POWER YOGA 3 S1 INSTUDIO 8:15-8:45am Danny WORLD DANCE S1 INSTUDIO 12:00-12:30pm Jessie	YBOX S1 INSTUDIO 9:00-9:45am Jackie	ALL SITTING CHAIR YOGA S1 INSTUDIO 8:15-8:50am Jan FAMILY PIRATE SHIP PLAY DATE S1 INSTUDIO 11:30-11:54am Corrie STRETCH & STRENGTH FOR KIDS S1 INSTUDIO 2:00-2:30pm Lindsay	FAMILY PILATES FOR KIDS S1 INSTUDIO 12:00-12:27pm Polly
FIVE POINTS BRANCH 201 Tucker Avenue, Union						
SILVER STRENGTH S INSTUDIO 9:00-9:50am Bryce CHAIR STRETCH S INSTUDIO 10:00-10:30am Myrtha	CARDIO DANCE S INSTUDIO 8:00-8:45am Shalen TAI CHI FUSION S INSTUDIO 9:00-9:30am Amy	STRENGTH S INSTUDIO 9:00-9:30am Mary CHAIR YOGA S INSTUDIO 9:30-10:15am Tina	STRENGTH S INSTUDIO 8:00-8:30am Paula TAI CHI S INSTUDIO 8:45-9:30am David & Angela	ALL SITTING YOGA S INSTUDIO 10:00-10:35am Janice	ANIMAL HIIT FOR KIDS S INSTUDIO 9:45-10:00am Mary PILATES FOR KIDS S INSTUDIO 10:00-10:30am Polly	STRENGTH FOR KIDS S INSTUDIO 9:30-10:00am Lindsay TRAVEL & STRETCH FOR KIDS S INSTUDIO 10:15-10:45am Corri

AUGUST 2023 Virtual Programs, On Demand and YMCA360 also Available!

SUMMER 2023

Register at www.tgfymca.org | Full Membership Required Age 12+ for all classes, Programs noted as FOR KIDS or FAMILY are for all ages, Parent Supervision Required