



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

SUMMER 2023
AUGUST 1-31, 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
ELIZABETH BRANCH 135 Madison Avenue, Elizabeth					
STRENGTH TRAINING EQUIPMENT CLASS 8:30-9:15am Hugo 7TH GRADE WELLNESS PROGRAM 3:30-5:30pm Rafael2 ZUMBA 5:30-6:15pm Diana	CYCLING 9:15-10:00am Cynthia 7TH GRADE WELLNESS PROGRAM 3:30-5:30pm Rafael	ACTIVE ADULTS 11:00-11:45am Cynthia 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	BOOT CAMP (Begins 7/21) 9:15-10:15am Cynthia ACTIVE ADULTS 11:00-11:45am Cynthia Blood Pressure SM 12:15-1:15pm Rafael 7TH GRADE WELLNESS 3:30-5:30pm Rafael ZUMBA 5:30-6:15pm Diana	ZUMBA (Begins 7/22) 12:00-1:00pm Diana SPANISH DIABETES PREVENTION PROGRAM* 10:00-11:00am Rafael 908-355-9622
FIVE POINTS BRANCH 201 Tucker Avenue, Union					
WATER EXERCISE 8:00-9:00am Terry 9:00-10:00am Terry	WATER EXERCISE 8:00-9:00am Terry 9:00-10:00am Terry ZUMBA I S 6:45-7:30pm Briana WATER EXERCISE 7:45-8:30pm Terry	WATER EXERCISE 8:00am-9:00am Ashley 9:00am-10:00am Ashley	WATER EXERCISE 8:00-9:00am Diana 9:00-10:00am Diana	WATER EXERCISE 8:00-9:00am Diana 9:00-10:00am Diana	
RAHWAY BRANCH 1564 Irving Street, Rahway					
WATER AEROBICS 9:00-9:45am Carolyn CHAIR YOGA 11:30-12:15pm JoAnn YOUTH STRENGTH TRAINING* 5:00-6:00pm TEEN FITNESS* 6:00-7:00pm RAISE THE BALL 7:00-8:00pm Leeanne	BLOOD PRESSURE SM 8:00-9:00am Leeanne H2O RUNNING 9:00-9:30am Carolyn SILVERSNEAKERS 9:15-10:00am Leeanne AQUA ABS 9:30-9:55am Carolyn YOGA 10:30-11:30am Luis	AQUA YOGA 9:00-9:45am Carolyn CHAIR PILATES 9:30-10:30am EJ SILVERSNEAKERS 12:30-1:15pm JoAnn YOUTH STRENGTH TRAINING* Age 8-12 5:00-6:00pm TEEN FITNESS* 6:00-7:00pm AOA STRENGTH 7:00-8:00pm Leeanne	SILVERSNEAKERS 9:15-10:00am Leeanne WATER EXERCISE 9:00-9:45am Denise DIABETES MANAGEMENT PROGRAM* 11:30-1:00pm (Includes lunch) Register Online https://bit.ly/DMPRahway	WATER AEROBICS 9:00-9:45am Carolyn CHAIR YOGA 10:00-10:45am Joanne	YOGA 9:15-10:15am Luis
				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	
WELLNESS CENTER BRANCH 1000 Galloping Hill Road, Union					
CYCLING I S 6:00-6:45am Garnet BUTTS & GUTS I S1 8:15-8:45am Wendy YOGA I S4 9:00-10:00am Andrea GROUP DANCE FOR HEALTHY LIVING I S1 10:15-11:00am Jan ENHANCE FITNESS I S1 11:15-12:15pm Martha ZUMBA I S1 7:30-8:15pm Kimberly	HIIT I S1 6:00-6:45am Kathy CYCLING I S 9:15-10:00am Curtis FIRM & FIT I S1 9:15-10:15am Wendy PILATES I S4 10:30-11:15am Wendy STANDING CHAIR FITNESS I S1 10:30-11:15am Trish WALKING FOR WELLNESS* 9:00-10:00am Gwen FIT & FIRM I S1 5:30-6:30pm MaryLou CYCLING I S 6:15-7:15pm Fabiola YOGA I S4 6:00-7:00pm Lisa BARRE I S4 7:30-8:30pm Allison	CYCLING I S 6:00-6:45am Garnet YOGA I S4 7:00-8:00am Lisa ZUMBA I S1 9:00-10:00am Awilda CHAIR YOGA I S1 10:15-11:00am Andrea ENHANCE FITNESS I S1 11:15-12:15pm Martha WISE CARDIO JAM I S1 2:00-3:00pm Susan YOGA I S4 6:00-7:00pm Lisa ZUMBA I S1 7:00-7:45pm Taryn	HIIT I S1 6:00-6:45am Kathy FIRM & FIT I S1 9:15-10:15am Wendy PILATES I S4 10:30-11:15am Wendy STANDING CHAIR FIT I S1 10:30-11:15am Jan POWER YOGA I S4 6:15-7:00pm Fabiola ZUMBA I S1 7:30-8:15pm Kimberly RESTORATIVE YOGA I S4 7:30-8:30pm Lisa *2 Blankets Required	CYCLING I S 6:00-6:45am Garnet FIRM & FIT I S1 8:15-8:45am Laura BODY WORKS I S1 10:15-11:00am MaryLou CHAIR YOGA I S4 11:30-12:15pm JoAnn SILVERSNEAKERS I S4 12:30-1:15pm JoAnn WISE CARDIO JAM I S1 2:00-3:00pm Susan ZUMBA DANCE PARTY S1 7:00-8:00pm Awilda	YOGA I S4 8:00-9:00am Lisa BODY WORKS I S1 9:00-9:45am MaryLou CYCLING I S 9:30-10:15am Kathy/Allison ZUMBA I S1 10:00-11:00am Awilda
					SUNDAY
					VINYASA YOGA I S4 8:00-9:00am Lisa PIYO I S1 8:00-9:00am Fabiola CYCLING I S 9:15-10:00am Fabiola ZUMBA I S1 9:30-10:30am Briana YOUTH STRENGTH TRAINING* Age 10-13 11:00-12:00pm
Classes begin on time. Please be courteous to your fellow members and staff and arrive early.					