



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

FALL 1 2023
 9/6—10/29,2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
ELIZABETH BRANCH 135 Madison Avenue, Elizabeth					
STRENGTH TRAINING EQUIPMENT CLASS 8:30-9:15am I Hugo ZUMBA 5:30-6:15pm I Diana	CYCLING 9:15-10:00am I Cynthia	BOOT CAMP 8:45-9:45am I Cynthia ACTIVE ADULTS 11:00-11:45am I Cynthia ZUMBA 5:30-6:30pm I Diana	CYCLING 9:15-10:00am I Cynthia	BOOT CAMP 9:15-10:15am I Cynthia ACTIVE ADULTS 11:00-11:45am I Cynthia Blood Pressure SM 12:15-1:15pm I Rafael ZUMBA 5:30-6:15pm I Diana	SPANISH DIABETES PREVENTION PROGRAM* 10:00-11:00am I Rafael 908-355-9622 ZUMBA 12:00-1:00pm I Diana
FIVE POINTS BRANCH 201 Tucker Avenue, Union					
WATER EXERCISE 9:00-10:00am I Beth 10:00-11:00am I Beth ACTIVE OLDER ADULTS 9:00-10:00am I Linda ENHANCE FITNESS 10:15-11:15am I Linda STRETCH & FLEX 6:30-7:30pm I Lucero	ACTION AGAINST ARTHRITIS 8:00-9:00am I Linda 9:15-10:15am I Linda WATER EXERCISE 9:00-10:00am I Staff 10:00-11:00am I Staff TAI CHI 10:30-11:30am I Linda ZUMBA TONING I S 6:45-7:30pm I Briana WATER EXERCISE 7:45-8:30pm I Laura	WATER EXERCISE 8:00-9:00am I Beth 9:00-10:00am I Beth ACTIVE OLDER ADULTS 9:00-10:00am I Linda ENHANCE FITNESS 10:15-11:15am I Linda	ACTION AGAINST ARTHRITIS 8:00-9:00am I Linda 9:15-10:15am I Linda WATER EXERCISE 9:00-10:00am I Diana 10:00-11:00am I Diana TAI CHI 10:30-11:30am I Linda	WATER EXERCISE 9:00-10:00am I Diana 10:00-11:00am I Diana ENHANCE FITNESS 10:15-11:15am I Linda	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
RAHWAY BRANCH 1564 Irving Street, Rahway					
WATER AEROBICS 9:00-9:45am I Carolyn CHAIR YOGA 11:30-12:15pm I JoAnn YOUTH STRENGTH TRAINING* 5:00-6:00pm TEEN FITNESS* 6:00-7:00pm FITNESS TOGETHER (Age 4+) 7:00-7:45pm I Leeanne	BLOOD PRESSURE SM 8:00-9:00am I Leeanne H2O RUNNING 9:00-9:30am I Carolyn SILVERSNEAKERS 9:15-10:00am I Leeanne AQUA ABS 9:30-9:55am I Carolyn YOGA 10:30-11:30am I Luis	AQUA YOGA 9:00-9:45am I Carolyn CHAIR PILATES 9:30-10:30am I EJ SILVERSNEAKERS 12:30-1:15pm I JoAnn YOUTH STRENGTH TRAINING* Age 8-12 5:00-6:00pm CYCLING 6:00-6:45pm I Cynthia TEEN FITNESS* 6:00-7:00pm STRENGTH 7:00-8:00pm I Leeanne	WATER EXERCISE 9:00-9:45am I Denise SILVERSNEAKERS 9:15-10:00am I Leeanne DIABETES MANAGEMENT PROGRAM* 11:30-1:00pm (Includes lunch) Register Online https://bit.ly/DMPRahway	WATER AEROBICS 9:00-9:45am I Carolyn CHAIR YOGA 10:00-10:45am I JoAnn	YOGA 9:15-10:15am I Luis FITNESS TOGETHER (Age 4+) 10:00-10:45am I Leeanne
					SUNDAY
					CYCLING 8:00-8:45am I Garnet
WELLNESS CENTER BRANCH 1000 Galloping Hill Road, Union					
CYCLING I S 6:00-6:45am I Garnet BUTTS & GUTS I S1 8:15-8:45am I Wendy YOGA I S1 9:00-10:00am I Andrea ZUMBA I S4 9:00-10:00am I Garnett GROUP DANCE FOR HEALTHY LIVING I S1 10:15-11:00am I Jan ENHANCE FITNESS I S1 11:15-12:15pm I Martha ENHANCE FITNESS I S1 12:30-1:30pm I Martha BODY HITT I S1 6:00-6:45pm I Kelly ZUMBA I S1 7:30-8:15pm I Kimberly	HIIT I S1 6:00-6:45am I Kathy WALKING FOR WELLNESS* 9:00-10:00am I Gwen CYCLING I S 9:15-10:00am I Curtis FIRM & FIT I S1 9:15-10:15am I Wendy PILATES I S4 10:30-11:15am I Wendy STANDING CHAIR FIT I S1 10:30-11:15am I Trish BLOOD PRESSURE SM 10:30-11:30am I Jodi FIT & FIRM I S1 5:30-6:30pm I MaryLou YOGA I S4 6:00-7:00pm I Lisa CYCLING I S 6:15-7:15pm I Fabiola ZUMBA I S1 7:00-8:00pm I Taryn BARRE I S4 7:30-8:30pm I Allison	CYCLING I S 6:00-6:45am I Garnet YOGA I S4 6:30-7:30am I Lisa ZUMBA I S1 9:00-10:00am I Garnet YOGA STRETCH & WALK IN PLACE (3000 STEPS) I S4 9:00-10:00am I Donna CHAIR YOGA I S1 10:15-11:00am I Andrea ENHANCE FITNESS I S1 11:15-12:15pm I Martha WISE CARDIO JAM I S1 2:00-3:00pm I Susan YOGA I S4 6:00-7:00pm I Lisa ZUMBA I S1 7:00-7:45pm I Taryn	HIIT I S1 6:00-6:45am I Kathy BLOOD PRESSURE SM 9:00-10:00am I Jodi FIRM & FIT I S1 9:15-10:15am I Wendy PILATES I S4 10:30-11:15am I Wendy STANDING CHAIR FIT I S1 10:30-11:15am I Jan GROUP DANCE HEALTHY LIVING I S1 11:30-12:15pm I Jan ZUMBA I S1 5:00-5:45pm I Garnett POWER YOGA I S4 6:15-7:00pm I Fabiola ZUMBA I S1 7:30-8:15pm I Kimberly RESTORATIVE YOGA I S4 7:30-8:30pm I Lisa *2 Blankets Required	CYCLING I S 6:00-6:45am I Garnet FIT & FIRM I S1 8:15-8:45am I Laura BODY WORKS I S4 9:00-9:45am I MaryLou BODY PUMP I S1 9:00-9:45am I Kelly CHAIR YOGA I S4 11:30-12:15pm I JoAnn SILVERSNEAKERS I S4 12:30-1:15pm I JoAnn WISE CARDIO JAM I S1 2:00-3:00pm I Susan ZUMBA DANCE PARTY S1 7:00-8:00pm I Awilda	YOGA I S4 8:00-9:00am I Lisa BODY WORKS I S1 9:00-9:45am I MaryLou CYCLING I S 9:30-10:15am I Kathy/Allison ZUMBA I S1 10:00-11:00am I Awilda
					SUNDAY
					VINYASA YOGA I S4 8:00-9:00am I Lisa PIYO I S1 8:00-9:00am I Fabiola CYCLING I S 9:15-10:00am I Fabiola ZUMBA I S1 9:30-10:30am I Briana YOUTH STRENGTH TRAINING* Age 10-13 11:00-12:00pm
STUDIO KEY S = Studio S1 = Studio 1 S4 = Studio 4 * = Registration Required					