



IN-PERSON BRANCH GROUP EXERCISE SCHEDULE

REGISTRATION NOT REQUIRED UNLESS INDICATED* | TGfYMCA.ORG | THE GATEWAY FAMILY YMCA

SUMMER SCHEDULE
June 23 – August 28

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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FIVE POINTS BRANCH 201 Tucker Avenue, Union

<p>WATER EXERCISE 8:00-9:00am Terry 9:00-10:00am Terry</p> <p>ACTIVE OLDER ADULTS 9:00-10:00am Linda</p> <p>ACTIVE OLDER ADULTS Arthritis Management 10:15-11:15am Linda</p> <p>STRETCH & FLEX 6:30-7:30pm Lucero</p>	<p>ACTION AGAINST ARTHRITIS 8:00-9:00am Linda 9:15-10:15am Linda</p> <p>WATER EXERCISE 8:00-9:00am Terry 9:00-10:00am Terry</p> <p>TAI CHI 10:30-11:30am Linda</p> <p>ZUMBA TONING 6:45-7:30pm Terry</p> <p>WATER EXERCISE 7:45-8:30pm Terry</p>	<p>WATER EXERCISE 8:00-9:00am Terry</p> <p>ACTIVE OLDER ADULTS 9:00-10:00am Linda</p> <p>ACTIVE OLDER ADULTS Arthritis Management 10:15-11:15am Linda</p>	<p>ACTION AGAINST ARTHRITIS 8:00-9:00am Linda 9:15-10:15am Linda</p> <p>WATER EXERCISE 8:00-9:00am Beth 9:00-10:00am Beth</p> <p>TAI CHI 10:30-11:30am Linda</p>	<p>WATER EXERCISE 8:00-9:00am Diana 9:00am-10:00am Diana</p> <p>ACTIVE OLDER ADULTS Arthritis Management 10:15-11:15am Linda</p>	
<div style="border: 1px solid black; padding: 5px;"> <p>All Classes begin on time. Please be courteous to your fellow members and arrive early.</p> </div>					

WELLNESS CENTER BRANCH 1000 Galloping Hill Road, Union

<p>CYCLING 6:00-6:45am Garnet</p> <p>BUTTS & GUTS S1 8:15-8:45am Wendy</p> <p>GENTLE YOGA S4 9:00-10:00am Andrea</p> <p>ZUMBA S1 9:00-10:00am Garnet</p> <p>DANCE FOR HEALTHY LIFESTYLE S4 10:15-11:00am Jan</p> <p>ENHANCE FITNESS S1 11:15-12:15pm Martha</p> <p>ENHANCE FITNESS S1 12:30-1:30pm Martha</p> <p>SLOW VINYASA YOGA S4 6:00-6:45pm Shaheda</p> <p>ZUMBA S1 7:00-8:00pm Garnet</p> <p>CORE EXPRESS S1 8:15-8:45pm Monica</p>	<p>HIIT S1 6:00-6:45am Kathy</p> <p>WALKING CLUB 9:30-10:30am Gwen</p> <p>YIN YOGA S4 9:15-10:15am Donna</p> <p>FIRM & FIT S1 9:15-10:15am Wendy</p> <p>CYCLING 9:30-10:30am Curtis</p> <p>PILATES S4 10:30-11:15am Wendy</p> <p>SENIOR FIT S1 11:00-11:45am Martha</p> <p>BOOT CAMP S1 5:00-5:45pm Cynthia</p> <p>FIRM & FIT S1 6:00-6:45pm MaryLou</p> <p>YOGA S4 6:00pm-7:15pm Lisa</p> <p>CYCLING 6:15-7:15pm Fabiola</p> <p>BARRE S4 7:30-8:30pm Allison</p> <p>STEP FIT S1 7:30-8:15pm Fabiola Starting July 1</p>	<p>CYCLING 6:00-6:45am Garnet</p> <p>ZUMBA S1 9:00-10:00am Garnet</p> <p>YIN YOGA S4 9:15-10:15am Donna</p> <p>CHAIR YOGA S1 10:15-11:00am Andrea</p> <p>ENHANCE FITNESS S1 11:15-12:15pm Martha</p> <p>WISE CARDIO JAM S1 2:00-3:00pm Susan</p> <p>YOGA S4 6:00pm-7:15pm Lisa</p> <p>ZUMBA S1 6:30pm-7:30pm Briana</p> <p>CIRCUIT TRAINING S1 7:45-8:30pm Monica</p>	<p>HIIT S1 6:00-6:45am Kathy</p> <p>MY KNEE EXERCISE PROGRAM S4 8:30-9:15am</p> <p>FIRM & FIT S1 9:15-10:15am Wendy</p> <p>LINE DANCING S1 10:30-11:30am Greg</p> <p>PILATES S4 10:30-11:15am Wendy</p> <p>ZUMBA S1 5:00-6:00pm Garnett</p> <p>POWER YOGA S4 6:15-7:00pm Fabiola</p> <p>TAI CHI S1 6:30-7:30pm Rick</p> <p>ZUMBA S1 7:30-8:15pm Kimberly</p> <p>RESTORATIVE YOGA S4 7:30-8:30pm Lisa *2 Blankets Required</p>	<p>CYCLING 6:00-6:45am Garnet</p> <p>COFFEE TIME SOCIAL 9:00-12:00pm</p> <p>ZONE 2 CARDIO S1 8:00-8:45am Laura</p> <p>BODY WORKS S4 9:00-9:45am MaryLou</p> <p>ZUMBA S1 10:00-11:00am Garnet</p> <p>SILVER SNEAKERS S1 11:30-12:15pm JoAnn</p> <p>BALANCE S4 11:30-12:30pm Walt</p> <p>CHAIR YOGA S1 12:30-1:15pm JoAnn</p> <p>WISE CARDIO JAM S1 2:00-3:00pm Susan</p> <p>ZUMBA DANCE PARTY S1 6:00-7:00pm Awilda</p> <p>MOVIE NIGHTS All Ages Last Friday of the month 6:30pm</p> <p>GAME NIGHT All Ages First Friday of the Month 6:30pm</p>	<p>YOGA S4 8:00-9:15am Lisa</p> <p>BODY WORKS S1 9:00-9:45am MaryLou</p> <p>CYCLING 9:30-10:15am Kathy/Allison</p> <p>ZUMBA S1 10:00-11:00am Awilda</p> <p>POP UP RESTORATIVE YOGA S4 Lisa 10:15am-11:00am July 5 and August 2</p> <p>YOUTH FITNESS TRAINING 12:00 noon Gerry * Registration required</p>
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SUNDAY

<p>YOGA S4 8:00-9:15am Lisa</p> <p>PIYO S1 8:00-9:00am Fabiola</p> <p>CYCLING S 9:15-10:00am Fabiola</p> <p>ZUMBA S1 11:00am -12:00pm Briana</p> <p>POP UP Meditation S4 9:30am-10:15am June 29, July 27 and August 24</p> <p>YOGA AND STRETCH S4 10:15am-11:15am</p>

STUDIO KEY
S = Studio
S1 = Studio 1
S4 = Studio 4
* = Registration Required

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

Virtual Programs, InStudio & YMCA360 also Available!



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 YMCA GROUP EXERCISE CLASS ENTRY IS FIRST COME, FIRST SERVE

SUMMER
 June 23- August 28

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
ELIZABETH BRANCH 135 Madison Avenue, Elizabeth					
ZUMBA 9:15 -10 am Cynthia BOOTY TONE 6:00-6:40pm Katy	CYCLING 9:15-10:00am Cynthia 7TH GRADE INITIATIVE WELLNESS PROGRAM (7th Graders Only) 3:15-4:15pm Rafael ZUMBA TONING 6:15-7:00pm Damaris	BOOT CAMP 9:15-10am Cynthia ACTIVE OLDER ADULT 10:30am-11:15am Cynthia 7TH GRADE INITIATIVE WELLNESS PROGRAM (7th Graders Only) 3:15-4:15pm Rafael BOOT CAMP 6:15-7:00pm Cynthia	CYCLING 9:15-10:00am Cynthia 7TH GRADE INITIATIVE WELLNESS PROGRAM (7th Graders Only) 3:15-4:15pm Rafael ZUMBA TONING 6:15-7:00pm Damaris	BOOT CAMP 9:15-10am Cynthia ACTIVE OLDER ADULT 10:30am-11:15am Rafael BLOOD PRESSURE 12:15-1:15pm Rafael Community Members Welcome 7TH GRADE INITIATIVE WELLNESS PROGRAM (7th Graders Only) 3:15-4:15pm Rafael BOOT CAMP 6:15-7:00pm Cynthia	YOGA 9:00am- 10:00am Monica (Limited Space— Please Sign in at Welcome Center)
Classes begin on time. Please be courteous to your fellow members and arrive					
RAHWAY BRANCH 1564 Irving Street, Rahway					
WATER AEROBICS 9:00-9:45am Carolyn CHAIR YOGA 11:30-12:15pm JoAnn	BLOOD PRESSURE 8:00-9:00am Leeanne Community Members Welcome ALL AROUND AQUA! 9:00-9:45am Staff SILVERSNEAKERS 9:15-10:00am Leeanne YOGA 10:30-11:30am Luis	AQUA YOGA 9:00-9:45am Carolyn CHAIR PILATES 9:30-10:30am EJ ZUMBA 10:45-11:30am EJ SILVERSNEAKERS 12:30-1:15pm JoAnn STRENGTH 7:00-8:00pm Leeanne	WATER EXERCISE 9:00-9:45am Denise SILVER SNEAKERS 9:15-10:00am Leeanne	WATER AEROBICS 9:00-9:45am Carolyn CHAIR YOGA 10:00-10:45am JoAnn	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

Schedule is subject to change. Please follow our Mobile App for updates.

ALWAYS CONNECTED, STAYING INFORMED



**THE GATEWAY FAMILY YMCA
 YMCA360 MOBILE APP**

