



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

RAHWAY BRANCH - GROUP EXERCISE SCHEDULE

SPRING 2019
March 4- April 28

Group Exercise classes are FREE for Full Members.

Child Watch Available
Monday-Thursday 6:00-8:00pm
Saturday 9:00-11:00am

Updated 12/26/18

Achieve greater health & well-being for your spirit, mind and body.
Personal Trainers available:

1 60 minute session \$60
5 60 minute sessions \$200
10 60 minute sessions \$300
Contact: lmuller@tgfymca.org

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	8:00am -8:45am Aqua Cardio Lara Pool	9:00am-9:45am <i>Aqua Cardio</i> Sara Pool	9:00am- 9:45am Shallow Fitness Carolyn Pool	9:00am-9:45am Total Fitness Laura Pool	9:00 m-9:45am Aqua Jogging Laura Pool	8:45am-9:45am Yoga Mona 2 nd floor
	9:00am -9:45am Stretch & Flex Lara Pool	9:00am-9:45am Zumba EJ Gym	9:30am -10:30am Yoga Jenniera Studio	9:00am-9:45am Zumba JoAnn Gym	9:00am-9:45am Zumba EJ Gym	9:00am-9:45am Boot Camp Jehovah Studio/Gym
		10:00am-10:45am Stretch & Tone EJ Gym	10:30am-11:15 am Silver Sneakers Leeanne Gym	10:30am-11:15am Chair Yoga Shaheeda Gym	10:00am-10:45am Pilates EJ Gym	10:00am-10:45am Zumba Robin Gym
	10:15am-11:00am Zumba Gold Paola Gym	11:00am-11:45am Silver Sneaker JoAnn Gym	11:30pm-12:00pm Strength Circuit Leeanne Circuit Room	11:15am-12:00pm Silver Sneakers Leeanne Gym		
	11:15am-12:00pm Silver Sneakers Leeanne Gym	6:00pm -6:30pm <i>All Abs</i> 6:30pm- 7:00pm All Bum Jehovah	6:30pm-7:15pm Kettle Bell Jehovah Studio/gym	6:15pm-7:00pm Burn Diane Gym		Sunday
	6:00pm-7:00pm Bootcamp Jehovah Studio/Gym	7:00pm-7:30pm <i>HIIT</i> 7:30pm -8:00pm <i>All Abs</i>	7:30pm-8:15pm Zumba Robin Gym	7:00pm- 8:00pm <i>Yoga</i> Jenniera 2 nd floor		
	7:15pm-8:00pm Yoga Mona 2 nd floor	7:15pm-8:00pm Total Fitness Leeanne Pool		7:15pm-8:00pm Aqua Cardio Leeanne Pool		9:00am-9:45am Burn Diane Studio/Gym
	8:30pm-9:15pm Zumba Vincent Studio	7:30pm -8:30pm Yoga Jenniera 2 nd floor				
		7:30pm-8:30pm Zumba Vicky Gym				