

YMCA of Eastern Union County-Rahway Branch

Adult & Teen Group Exercise Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Aqua In the AM 9am-9:45am Pool	Zumba 9:00am-9:45am Gymnasium JoAnn	Aqua In the AM 9am-9:45am Pool	Zumba 9:00am-9:45am Gymnasium JoAnn	Yoga & Pilates Mix 9:00am-10:00am All Purpose Room w/ Kelly	Fit & Firm 8:00am-9:00am Gymnasium Lorna
Boot Camp 6:00pm-6:45pm w/ Daniela	SilverSneakers® 10:30-11:15am Gymnasium w/Hatty	Yoga & Pilates Mix 9:00am-10:00am All Purpose Room w/JoAnn	SilverSneakers® 10:30am-11:15am Gymnasium w/Hatty		ZUMBA 8am-8:45am Gymnasium w/ Robin
Gentle Yoga 6:30pm-7:30pm w/Mona All Purpose Room	Zumba 6:30pm-7:15pm Gymnasium JoAnn		Zumba 6:30pm-7:15pm Gymnasium JoAnn		Gentle Yoga 8:45am-9:45am All Purpose Rm w/Mona
Core & Abs 6:45pm-7:30pm Fitness Studio w/ Daniela	Pilates 7:00pm-8:00pm All Purpose Room	Boot Camp 6:00pm-7:00pm Gymnasium w/Daniela	Pilates 7:00pm-8:00pm All Purpose Room		Adult Martial Arts 10:00am-11:00am Fitness Studio Jim
Indoor Cycling 7:30pm-8:15pm Fitness Studio w/ Daniela	Hydro Health 7:15pm-8:00pm Pool	Core & Abs 6:45pm-7:30pm Fitness Studio Daniela			
Deep Water Fitness 7:15pm-8:00pm Pool	Beginner Adult Martial Arts 8:00pm-9:00pm Fitness Studio Jim		Hydro Active 7:15pm-8:00pm Pool		

Classes are open to members ages 12 & up. Schedule is subject to change. Please register for classes.