



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# RAHWAY BRANCH - GROUP EXERCISE SCHEDULE

**SPRING 2018**  
**February 26<sup>th</sup> –**  
**April 22<sup>nd</sup>**

**Group Exercise classes are FREE for Full Members.**

**Schedule may be subject to change due to weather.**

**Child Watch Available**

**Monday-Thursday 6:00-8:00pm**

**Saturday 9:00-11:00am**

Updated 2/19/18

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	<b>6:00am</b> HIIT JC <i>Studio/Gym</i>	<b>6:00am</b> Cycle Donna <i>3<sup>rd</sup> Floor</i>	<b>6:00am</b> HIIT JC <i>Studio</i>	<b>6:00am</b> Cycle Donna <i>3<sup>rd</sup> Floor</i>	<b>6:00am</b> HIIT JC <i>Studio</i>	<b>8:45am</b> Yoga Mona <i>2<sup>nd</sup> Floor</i>	
	<b>10:15am</b> Zumba Gold Paola <i>Gym</i>	<b>9:00am</b> Zumba EJ <i>Gym</i>	<b>10:30am</b> Silver Sneakers Leeanne <i>2<sup>nd</sup> Floor</i>	<b>9:00am</b> Zumba JoAnn <i>Gym</i>	<b>9:00am</b> Zumba EJ <i>Gym</i>	<b>9:00am</b> Boot Camp Jehovah <i>Studio/Gym</i>	
	<b>11:15am</b> Silver Sneakers Leeanne <i>2<sup>nd</sup> Floor</i>	<b>10:00am</b> Stretch & Tone EJ <i>Studio</i>	<b>11:30am</b> Strength Circuit Leeanne <i>1<sup>st</sup> Floor</i>	<b>10:30am</b> Chair Yoga Shaheeda <i>2<sup>nd</sup> Floor</i>	<b>10:00am</b> Pilates EJ <i>Studio</i>	<b>10:00am</b> Zumba Robin <i>Studio</i>	
	<b>6:00pm</b> Boot Camp Jehovah <i>Studio/Gym</i>	<b>10:30 am</b> Silver Sneakers JoAnn <i>2<sup>nd</sup> Floor</i>	<b>6:00pm</b> Kettle Bell Jehovah <i>Studio</i>	<b>11:15am</b> Silver Sneakers Leeanne <i>2<sup>nd</sup> Floor</i>			
	<b>7:15pm</b> Burn & Sculpt Diane <i>Studio</i>	<b>6:00pm</b> Upper Pump Jehovah <i>Studio</i>	<b>7:15pm</b> Zumba Robin <i>Studio</i>	<b>6:00pm</b> Strength & Tone Leeanne <i>Studio</i>			
	<b>7:15pm</b> Yoga Mona <i>2<sup>nd</sup> Floor</i>	<b>6:30pm</b> Lower Pump Jehovah <i>Studio</i>		<b>8:00pm</b> Pilates Donna <i>Studio</i>		<b>9:00am</b> Kickboxing Diane <i>Studio</i>	
		<b>7:00pm</b> HIIT Jehovah <i>Studio</i>				<b>10:00am</b> Body Balance Kesi <i>Studio/Gym</i>	
		<b>7:00pm</b> Zumba Vicky <i>Gym</i>					

WATER EXERCISE	Monday	Tuesday	Wednesday	Thursday	Friday
Aqua Cardio	8:00am Lara			7:15pm Leeanne	
Stretch & Flex	9:00am Lara		9:00am Sarah		
Total Fitness		9:00am Adam 7:15pm Leeanne		9:00am Lara	
Aqua Jogging					9:00am Adam
Noodle Aerobics					9:30am Adam
Aqua Zumba					

**The Gateway Family YMCA - Rahway Branch**

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