



GROUP FITNESS SCHEDULE

FEBRUARY 2019

Monday	Tuesday	Wednesday	Thursday
8:00-9:00 am (S2) STRENGTH & YOGA Carolyn 2/11-Renee	5:45-6:30 am (S1) TABATA BOOT CAMP Kathy 2/5-Cheryl	7:30-8:15 am (S1) ROCK BOTTOMS Marit	5:45-6:30 am (S1) TABATA INTERVALS Deb
8:30-9:15 am (S1) TABATA INTERVALS Jen	7:45-8:45 am (S1) PILATES Jen	8:00-9:00 am (S2) STRENGTH & YOGA Carolyn 2/13- & 27-Renee	7:00-7:45 am (S2) NEW! KETTLE BELLS* Michele
9:30-10:15 am (S1) BODY BLITZ Jen	9:00-9:45 am (S2) BARRE Deb Krista 2/12 & 26	8:30-9:15 am (S1) UPPER SCULPT Erin 2/13-Deb	7:30-8:15 am (S1) BARRE Jen 2/7-Elizabeth
9:30-10:15 am (S2) LOW IMPACT ZUMBA Renee	9:30-10:30 am (S1) HIIT Cheryl	9:15-10:15 am (S2) INSANITY Lina	8:15-9:00 am FIERCE TKO Lina (S2)
10:30-11:30 am (S1) PILATES Jen	10:30-11:00 am (S1) ONLY ABS Cheryl	9:30-10:30 am (S1) STEP Amy	8:15-9:00 am POWER PILATES Jen (S1) 2/7-Elizabeth
10:30-11:30 am (S2) ZUMBA Courtney	11:30 am-12:30 pm (S1) INTERMEDIATE YOGA Lisa	10:30-11:30 am (S2) AEROBADANCE Margie 2/6- Cha Cha Moves - Baiju	9:15-10:15 am (S2) ZUMBA TONING Renee 2/14 & 28 -Aerobadance-Margie
11:45 am-12:45 pm (S1) BARRE* Margie 2/4 & 18-Amy	12:45-1:45 pm (S1) STRETCH FOR LIFE Margie 2/5-Carolyn	10:45-11:45 am (S1) BARBELL BLAST Amy	9:15-10:00 am (S1) TABATA BOOT CAMP Kathy
12:00-1:00 pm (S2) TAI CHI Kate	6:00-7:00 pm (S1) STEP Amy	12:00-1:00 pm (S2) DEEPER YOGA Kate	10:45-11:45 am (S2) BARRE* Margie
1:00-2:00 pm (S1) STRETCH & YOGA Carolyn 2/11-Kate	6:30-7:30 pm (S2) NEW! BALLET BARRE Baiju	3:00-4:00 pm (S2) BONE SMART PILATES Jen	12:00-1:00 pm (S2) STRETCH FOR LIFE Margie
4:30-5:30 pm (S1) ZUMBA Courtney	7:15-8:15 pm (S1) ZUMBA Courtney	5:15-6:00 pm (S2) KETTLE BELLS* Marit 2/20-Amy	1:30-2:30 pm (S1) THERAPEUTIC YOGA Judy
6:15-7:15 pm (S2) PILATES Laura		6:30-7:30 pm (S2) PILATES Laura	6:00-6:45 pm (S1) NEW! CARDIO KICKBOXING Renee
		7:00-8:00 pm (S1) ZUMBA Pam	6:30-7:30 pm (S2) BALLET-BARRE Baiju
		7:45-8:45 pm (S2) BALLROOM DANCE TECHNIQUES Kathy S.	7:00-8:00 pm (S1) BARBELL BLAST Amy

SPECIALTY CLASSES

Randolph YMCA

14 Dover Chester Road, Randolph NJ 07869
 P 973 366 1120 randolphymca.org

REVISED 2/11/19

Friday	Saturday	Sunday
7:00-7:45 am (S1) ROCK BOTTOMS Kathy 2/1-Jen	7:30-8:15 am (S2) TABATA BOOT CAMP Kathy 2/2-Courtney NO CLASS 2/23	9:00 -9:45 am (S2) VINYASA FLOW YOGA Judy
7:45-8:15 am (S1) ONLY ABS Kathy 2/1-Jen	8:15-9:15 am (S1) INSANITY Lina NO CLASS 2/23	10:00-11:00 am (S1) INTERVALS PLUS Marit
8:30-9:15 am (S1) BARRE-LATTES Deb	8:30-9:30 am (S2) ZUMBA Courtney 2/16-Hannah NO CLASS 2/23	10:30-11:00 am (S2) NEW! COUNTRY LINE DANCE LESSON Krysta
8:30-9:15 am (S2) HIIT Erin 2/8-Courtney 2/15 – TBC – Kathy	9:30-10:30 am (S1) KARDIO KETTLE- 2/2 & 16 FIERCE - 2/9 NO CLASS 2/23	11:00-11:50 am (S2) COUNTRY FUSION Krysta
9:30-10:30 am (S2) CARDIO MIXX Erin 2/8-Courtney 2/15- Renee	10:45-11:45 am (S1) BARRE ESSENTIALS* Marit 2/16-CANCELED	11:15 am-12:15 pm (S1) BARBELL BLAST Amy
9:30-10:30 am (S1) STEPS & REPS Amy	11:00-12:00 pm (S2) TAI CHI/QIGONG Wayne 2/2-Renee	12:30-1:30 pm (S2) MULTI LEVEL YOGA Kate
11:00-11:45 am (S1) STRETCH 4 LIFE Margie	12:15-1:15 pm (S1) STRETCH & YOGA Judy	Must be at least 16 years old to participate in a group fitness class. *Sign Up Required
12:00 pm –1:00 pm (S1) GENTLE YOGA Carolyn 2/15-Kate		S1=Studio 1 • S2=Studio 2
5:00-5:45 pm (S2) STRETCH FOR LIFE Judy		
6:00-7:00 pm (S1) MULTI-LEVEL YOGA Judy		
7:30-8:30 pm (S1) BALLROOM DANCING Joanne		

Wednesday, February 6	Cha Cha Moves (in place of Aerobadance)	10:30-11:30 am	Bajiu (S2)
Friday, February 15	Tabata Boot Camp (in place of HIIT)	8:30-9:15 am	Kathy(S2)
Saturday, February 23	Group Fitness 90-minute Workout	8:00-9:30 am	GYM

CANCELED CLASSES:

Saturday, Feb. 16th – 10:45 am – Barre

Sat. Feb. 23 – Tabata Boot Camp (7:30 am), Zumba (8:30 am), Fierce (9:30 am), Barre (10:45 am)