



GROUP FITNESS SCHEDULE

JUNE 2018

Monday	Tuesday	Wednesday	Thursday
8:30-9:15 am (S1) TABATA INTERVALS Jen	5:45-6:30 am (S1) TABATA BOOT CAMP Kathy	7:30-8:15 am (S1) ROCK BOTTOMS Marit 6/6-Jen	5:45-6:30 am (S1) TABATA INTERVALS Deb
9:15-10:15 am (S2) TURBO KICK & TONE Denise	7:45-8:45 am (S1) PILATES Jen	8:00-9:00 am (S2) STRENGTH & YOGA Carolyn	7:30-8:15 am (S1) BARRE Jen
9:30-10:15 am (S1) BODY BLITZ Jen	9:00-9:45 am (S2) BARRE Krista-6/5 & 19 Amy - 6/12 & 26	8:30-9:15 am (S1) CPR Cheryl 6/13-Denise 9:15-10:15 am (S2) INSANITY Lina	8:15-9:00 am FIERCE TKO Lina (S2) POWER PILATES Jen (S1)
10:30-11:30 am (S1) PILATES Jen	9:30-10:30 am (S1) HIIT Cheryl 6/12 & 19-Denise	9:30-10:30 am (S1) STEP Amy	9:15-10:15 am (S2) ZUMBA TONING Diana
10:45-11:45 am (S2) ZUMBA Diana	10:30-11:00 am (S1) ONLY ABS Cheryl 6/12 & 19 - Denise	10:30-11:30 am (S2) AEROBADANCE Margie 6/27- CHA CHA MOVES -Baiju	9:15-10:00 am (S1) TABATA BOOT CAMP Kathy
11:45 am-12:45 pm (S1) BARRE* Margie 6/25-Jen	10:00-11:00 am (S2) FABU Melissa	10:45-11:45 am (S1) BARBELL BLAST Amy	10:45-11:45 am (S2) BARRE* Margie 6/28-Jen
12:00-1:00 pm (S2) TAI CHI Kate	11:15 am-12:00 pm (S2) KETTLE BELLS* Marit	12:00-1:00 pm (S2) DEEPER YOGA Kate	12:00-1:00 pm (S2) STRETCH 4 LIFE Margie 6/28-Kate
1:00-2:00 pm (S1) STRETCH & YOGA Carolyn	11:30 am-12:30 pm (S1) INTERMEDIATE YOGA Lisa	5:15-6:00 pm (S2) KETTLE BELLS Marit 6/13 & 20-Denise	1:30-2:30 pm (S1) THERAPEUTIC YOGA Judy
4:30-5:30 pm (S1) ZUMBA Eneida	5:15-6:00 pm (S2) HIIT Lina	5:30-6:15 pm (S1) CHA CHA MOVES Baiju	5:45-6:45 pm (S1) ZUMBA Liv
5:45-6:45 pm (S1) FABU Janel	6:00-7:00 pm (S1) STEP Amy	6:30-7:30 pm (S2) PILATES Laura	7:00-8:00 pm (S1) BARBELL BLAST Amy
6:15-7:15 pm (S2) PILATES Laura	7:15-8:15 pm (S1) ZUMBA Courtney Gladys-6/12 & 26	7:00-8:00 pm (S1) ZUMBA Pam 6/6-Liv	7:15-8:00 pm (S2) ADULT BALLET Baiju
7:00-8:00 pm (S1) INTERVALS PLUS Denise		8:15-9:15 pm (S2) MULTI LEVEL YOGA Kate 6/27-Deb M	

Friday	Saturday	Sunday
7:00-7:45 am (S1) ROCK BOTTOMS Kathy	7:30-8:15 am (S2) TABATA BOOT CAMP Kathy 6/16 & 30 Courtney	9:00-9:45 am (S2) VINYASA FLOW YOGA Judy
7:45-8:15 am (S1) ONLY ABS Kathy	8:15-9:15 am (S1) INSANITY Lina	10:00-11:00 am (S1) INTERVALS PLUS Marit 6/24 -Denise
8:30-9:15 am (S2) PILATES Deb 6/1-Laura	8:30-9:30 am (S2) ZUMBA Courtney	10:00-10:50 am (S2) COUNTRY FUSION Krysta 6/3 & 24 - Kali
8:30-9:15 am (S1) INTERVALS PLUS Denise	9:30-10:30 am (S1) (Alternating Classes) TURBO FIRE- Denise- 6/2, 16 & 30 KARDIO KETTLE- Amy- 6/9 & 23	11:15 am-12:15 pm (S1) BARBELL BLAST Amy
9:30-10:30 am (S2) TURBO KICK Denise	10:45-11:45 am (S1) BARRE* Marit 6/9 & 23 - Jen	12:30-1:30 pm (S2) MULTI LEVEL YOGA Kate
9:30-10:45 am (S1) STEPS & REPS Amy 10:45-11:45 am (S2) DANCE & DRUM Janel	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
11:00-11:45 am (S1) STRETCH 4 LIFE Margie 6/29-Carolyn		S1=Studio 1 • S2=Studio 2 Comm. Room=Community Room PH = Program House
12:00 pm –1:00 pm (S1) GENTLE YOGA Carolyn		
5:00-5:45 pm (S2) STRETCH FOR LIFE Lisa		
6:00-7:00 pm (S1) MULTI-LEVEL YOGA Lisa		
7:30-8:30 pm (S1) BALLROOM DANCING Kathy 6/15-Joanne		

SPECIALTY CLASSES

Monday, June 11	Tabata Intervals on the SAND STUDIO	8:30-9:15 am	Jen (Sand Studio)
Friday, June 15	Zumba Party	7:15 -8:15 pm	Courtney (S2)
Tuesday, June 19	Groove on the SAND STUDIO	6:30 -7:30 pm	Janel (Sand Studio)

Randolph YMCA

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

5/29/18