



GROUP FITNESS SCHEDULE

NOVEMBER 2018

Monday	Tuesday	Wednesday	Thursday CLOSED 11/22
8:00-9:00 am (S2) NEW! STRENGTH & YOGA Carolyn	5:45-6:30 am (S1) TABATA BOOT CAMP Kathy	7:30-8:15 am (S1) ROCK BOTTOMS Marit 11/21-Jen	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	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 11/13 & 27-Dec	8:30-9:15 am (S1) CPR Erin	8:15-9:00 am FIERCE TKO Lina (S2) POWER PILATES Jen (S1)
9:30-10:15 am (S2) NEW LOW IMPACT ZUMBA Diana	9:30-10:30 am (S1) HIIT Cheryl	9:15-10:15 am (S2) INSANITY Lina	9:15-10:15 am (S2) ZUMBA TONING Diana
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	9:15-10:00 am (S1) TABATA BOOT CAMP Kathy
10:30-11:30 am (S2) ZUMBA Diana	11:15-12:00 pm (S2) KETTLE BELLS Marit 11/20-Kathy	10:30-11:30 am (S2) AEROBADANCE Margie	10:45-11:45 am (S2) BARRE* Margie 11/1-Jen
11:45 am-12:45 pm (S1) BARRE* Margie	11:30 am-12:30 pm (S1) INTERMEDIATE YOGA Lisa	12:00-1:00 pm (S2) DEEPER YOGA Kate	10:30-11:30 am (S1) NEW! FABU Melissa Starts 11/8
12:00-1:00 pm (S2) TAI CHI Kate	12:45-1:45 pm (S1) STRETCH 4 LIFE Margie	3:00-4:00 pm (S1) BONE SMART PILATES Jen 11/21-CANCELED	12:00-1:00 pm (S2) STRETCH 4 LIFE Margie 11/1-Kate
1:00-2:00 pm (S1) STRETCH & YOGA Carolyn 11/12-Judy	6:00-6:45 pm (S1) STEP Amy	5:15-6:00 pm (S2) KETTLE BELLS Marit 11/21-CANCELED	1:30-2:30 pm (S1) THERAPEUTIC YOGA Judy
4:30-5:30 pm (S1) ZUMBA Eneida 11/19-Courtney	7:15-8:15 pm (S1) ZUMBA Courtney	5:30-6:30 pm (S1) CHA CHA MOVES Baiju	6:00-6:45 pm (S2) NEW! BALLET-BARRE Baiju
5:45-6:45 pm (S1) FABU Janel		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		7:00-8:00 pm (S1) ZUMBA Pam	
		7:45-8:45 pm (S2) BALLROOM DANCE TECHNIQUES Kathy S.	

Friday	Saturday	Sunday
7:00-7:45 am (S1) ROCK BOTTOMS Kathy	7:30-8:15 am (S2) TABATA BOOT CAMP Kathy	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 11/25- HIIT -Briana
8:30-9:15 am (S1) BARRE-LATTES Deb	8:30-9:30 am (S2) ZUMBA Courtney 11/10-Eneida 11/24 - CANCELED	11:00-11:50 am (S2) NEW TIME! COUNTRY FUSION Krysta
8:30-9:15 am (S2) HIIT Erin	9:30-10:30 am (S1) FIERCE -11/3 & 17-Lina KARDIO KETTLE -11/10-Mairt 11/24- Michele	11:15 am-12:15 pm (S1) BARBELL BLAST Amy
9:30-10:30 am (S2) CARDIO MIXX Erin	10:45-11:45 am (S1) BARRE* Marit 11/24-CANCELED	12:30-1:30 pm (S2) MULTI LEVEL YOGA Kate
9:30-10:30 am (S1) STEPS & REPS Amy	11:00-12:00 pm (S2) TAI CHI/QIGONG Wayne 11/24-CANCELED	
11:00-11:45 am (S1) STRETCH 4 LIFE Margie 11/2 & 23-Carolyn	12:15-1:15 pm (S1) STRETCH & YOGA Judy	Must be at least 16 years old to participate in a group fitness class.
12:00 pm -1:00 pm (S1) GENTLE YOGA Carolyn		*Sign Up Required
5:00-5:45 pm (S2) STRETCH FOR LIFE Judy		S1=Studio 1 • S2=Studio 2 Comm. Room=Community Room PH = Program House
6:00-7:00 pm (S1) MULTI-LEVEL YOGA Judy		
7:30-8:30 pm (S1) BALLROOM DANCING Joanne 11/2 & 23 - CANCELED		

SPECIALTY CLASSES

Sunday, November 11	Country Line Dance Lesson	10:30-11:00 am	Krysta (S2)
Friday, November 16	Zumba Dance Party	7:15-8:15 pm	Courtney (S2)

CANCELED CLASSES:

Friday, Nov. 2 -7:30 pm – Ballroom Dancing
Wednesday, Nov. 21 – 3:00 pm – Bone Smart Pilates
Wednesday, Nov 21- 5:15 pm – Kettle Bells
Friday, Nov. 23 – 7:30 pm – Ballroom Dancing
Saturday, Nov. 24 – 8:30 am – Zumba
Saturday, Nov. 24 – 10:45 am – Barre
Saturday, Nov. 24 – 11:00 am – Tai Chi/Qigong

Randolph YMCA

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10/25/18