



# GROUP FITNESS SCHEDULE

OCTOBER 2019

Monday	Tuesday	Wednesday	Thursday
8:00-9:00 am (S2) <b>STRENGTH &amp; YOGA</b> Carolyn 10/14- Renee	5:45-6:30 am (S1) <b>TABATA BOOT CAMP</b> Kathy	7:30-8:15 am (S1) <b>ROCK BOTTOMS</b> Marit 10/9-Kathy	5:45-6:30 am (S1) <b>TABATA INTERVALS</b> Deb 10/10-Kathy
8:30-9:15 am (S1) <b>TABATA INTERVALS</b> Jen 10/7-Marit	7:45-8:45 am (S1) <b>PILATES</b> Jen 10/8-Elizabeth	8:00-9:00 am (S2) <b>STRENGTH &amp; YOGA</b> Renee	7:30-8:15 am (S1) <b>BARRE*</b> Jen <b>10/10-CANCELED</b>
9:30-10:15 am (S1) <b>BODY BLITZ</b> Jen 10/7-Kathy	9:00-9:45 am (S2) <b>BARRE*</b> Debbie 10/8 & 15- Krista	8:30-9:15 am (S1) <b>UPPER SCULPT</b> Deb 10/9 - Kathy 10/16- Jen	8:15-9:00 am <b>FIERCE TKO</b> Lina (S2) <b>POWER PILATES</b> Jen (S1) <b>10/10 -CANCELED</b>
9:30-10:15 am (S2) <b>LOW IMPACT ZUMBA</b> Diana	9:30-10:30 am (S1) <b>HIIT</b> Cheryl	9:15-10:15 am (S2) <b>INSANITY</b> Lina	9:15-10:15 am (S2) <b>ZUMBA TONING</b>
10:30-11:30 am (S1) <b>PILATES</b> Jen 10/7-Elizabeth	10:00-11:00 am (S2) <b>POWER VINYASA YOGA</b> Melissa	9:30-10:30 am (S1) <b>TURBO KICK</b> Amy	9:15-10:00 am (S1) <b>TABATA BOOT CAMP</b> Kathy
10:30-11:30 am (S2) <b>ZUMBA</b> Diana	10:30-11:00 am (S1) <b>ONLY ABS</b> Cheryl 10/22-Deb	10:30-11:30 am (S2) <b>AEROBADANCE</b> Margie 10/9 & 23-Dance Fitness- Kathy	10:45-11:45 am (S1) <b>BARRE*</b> Margie 10/10-Melissa
11:45 am-12:45 pm (S1) <b>BARRE*</b> Margie 10/14-Jen	11:30 am-12:30 pm (S1) <b>INTERMEDIATE YOGA</b> Lisa	12:00-1:00 pm (S2) <b>MULTI LEVEL YOGA</b> Kate	12:00-1:00 pm (S1) <b>STRETCH FOR LIFE</b> Margie 10/10-Kate
12:00-1:00 pm (S2) <b>TAI CHI</b> Kate	12:45-1:45 pm (S1) <b>STRETCH FOR LIFE</b> Margie	3:00-4:00 pm (S2) <b>BONE SMART PILATES</b> Jen 10/9-Elizabeth	1:30-2:30 pm (S1) <b>THERAPEUTIC YOGA</b> Judy
1:00-2:00 pm (S1) <b>STRETCH &amp; YOGA</b> Carolyn 10/14 - Renee	5:15-6:15 pm (S2) <b>YOGA SCULPT</b> Melissa	5:15-6:00 pm (S1) <b>KETTLE BELLS*</b> Marit <b>10/9-CANCELED</b>	6:00-6:45 pm (S1) <b>HIIT</b> Renee
4:30-5:30 pm (S1) <b>TURBO KICK</b> Courtney	6:00-7:00 pm (S1) <b>STEP</b> Amy	5:30-6:15 pm (S2) <b>NEW!</b> <b>COUNTRY FUSION</b> Kara	6:30-7:30 pm (S2) <b>BALLET-BARRE</b> Baiju
5:45-6:45 pm (S1) <b>ZUMBA</b> Denisse	6:30-7:30 pm (S2) <b>BALLET BARRE</b> Baiju	6:30-7:30 pm (S2) <b>PILATES</b> Laura	7:00-8:00 pm (S1) <b>BARBELL BLAST</b> Amy
6:15-7:15 pm (S2) <b>PILATES</b> Laura	7:15-8:15 pm (S1) <b>ZUMBA</b> Courtney	7:00-8:00 pm (S1) <b>ZUMBA</b> Pam	
7:00-8:00 pm (S1) <b>CARDIO MIXX</b> Eneida		7:45-8:45 pm (S2) <b>BALLROOM DANCE</b> <b>TECHNIQUES</b> Kathy S	

**Randolph YMCA**

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9/25/19

Friday	Saturday	Sunday
7:00-7:45 am (S1) <b>ROCK BOTTOMS</b> Kathy	7:30-8:15 am (S2) <b>TABATA BOOT CAMP</b> Kathy	8:30-9:15 am (S2) <b>VINYASA FLOW YOGA</b> Judy
7:30-8:15 am (S2) <b>NEW!</b> <b>POWER VINYASA FLOW YOGA</b> Melissa	8:15-9:15 am (S1) <b>INSANITY</b> Lina 10/12- <b>TURBO KICK</b> -Amy 10/19- <b>INTERVALS PLUS</b> - Kathy	10:00-11:00 (S1) <b>INTERVALS PLUS</b> Marit
7:45-8:15 am (S1) <b>ONLY ABS</b> Kathy	8:30-9:30 am (S2) <b>ZUMBA</b> Courtney 10/5- Eneida	10:30-11:00 am (S2) <b>COUNTRY LINE DANCE LESSON</b> Krysta 10/6 & 13- Kara
8:30-9:15 am (S1) <b>BARRE-LATTES</b> Deb. P 10/11-Melissa	9:30-10:30 am (S1) <b>FIERCE</b> – Lina – 10/5 & 26 <b>KARDIO KETTLE</b> – Amy- 10/12 & 19	11:00-11:50 am (S2) <b>COUNTRY FUSION</b> Krysta 10/6 & 13-Kara
8:30-9:15 am (S2) <b>HIIT</b> Renee 10/11-Courtney	10:45-11:45 am (S1) <b>BARRE*</b> Marit 10/26 -Melissa	11:15 am-12:15 pm (S1) <b>BARBELL BLAST</b> Amy
9:30-10:30 am (S2) <b>CARDIO MIXX</b> Eneida 10/11- <b>DANCE &amp; DRUM</b> -Kathy 10/18-Renee	11:15-12:15 pm (S2) <b>NEW TIME!</b> <b>TAI CHI/QIGONG</b> Renee	12:30-1:30 pm (S2) <b>IT'S BACK!</b> <b>MULTI-LEVEL YOGA</b> Kate
9:30-10:30 am (S1) <b>STEPS &amp; REPS</b> Amy	12:15-1:15 pm (S1) <b>STRETCH &amp; YOGA</b> Judy	Must be at least 16 years old to participate in a group fitness class.
11:00-12:00 pm (S1) <b>STRETCH FOR LIFE</b> Margie 10/11-Elizabeth		S1=Studio 1 • S2-Studio 2  <b>*Sign Up Required</b>
5:00-5:45 pm (S2) <b>STRETCH FOR LIFE</b> Judy		
6:00-7:00 pm (S1) <b>MULTI-LEVEL YOGA</b> Judy		
7:30-8:30 pm (S1) <b>BALLROOM DANCING</b> Joanne		

## SPECIALTY CLASSES

Saturday, October 5	STRONG30	9:45-10:15 am	Dalit(S2)
Wednesday, October 9	Dance Fitness (In place of Aerobadance)	10:30-11:30 am	Kathy (S2)
Friday, October 11	Dance & Drum (In place of Cardio Mixx)	9:30-10:30 am	Kathy(S2)
Wednesday, October 23	Dance Fitness (In place of Aerobadance)	10:30-11:30 am	Kathy (S2)
Saturday, October 26	Foam Roller Specialty Class	9:45-10:30 am	Amy (S2)

## CANCELED CLASSES

Wednesday, October 9 – 5:15 pm – Kettle Bells  
Thursday, October 10- 7:30 am – Barre and 8:15 am-Pilates

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