



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## GROUP EXERCISE - RANDOLPH AREA YMCA

### Cycling Room

DECEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Cycling with Nicole R. 5:15-6:00 AM		Cycling with Nicole R. 5:15-6:00 AM			
					Cycling Instructors Vary 9:00-9:45 AM	
Cycling/Circuit with Melissa M. 12:15-1:00 PM		Cycling/Circuit with Melissa M. 12:15-1:00 PM		Cycling with Kathy A. 12:15-1:00 PM		
Cycling with Kathy A. 5:30-6:15 PM	Yoga with Rita W. 5:30-6:30 PM	Cycling with Kathy A. 5:30-6:15 PM	Yoga with Rita W. 5:30-6:30 PM			

#### Randolph Area YMCA

Ben Jamerson, Sports and Fitness Coordinator  
P 660-263-3600 bjamerson@randolphareaymca.com  
Updated 12/3/19



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## **GROUP EXERCISE DESCRIPTIONS**

**Cycling:** Indoor cycling offers a high energy stationary bike workout that enhances cardiovascular endurance and builds muscular strength. A combination of energizing music and unique workouts give you a fun fitness challenge with powerful results! Using the resistance on bike wheels change the intensity of each workout and drill allowing each individual to go at your own pace. This 45 minute class is designed to leave you breathless, drenched in sweat, and hundreds of calories lighter!

**Cycle & Circuit:** A workout that combines cycle sprints with endurance, circuits with kettlebells & medicine balls, strength circuits to tone the upper body. Each circuit lasts 5 minutes a piece on a rotation. A total endurance, strength and stamina workout.

**Yoga:** Yoga has been around for thousands of years and for good reason. Come see the benefits of this ancient Chinese discipline first hand.

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