FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE - RANDOLPH AREA YMCA

Aerobics Room

JANUARY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Transform with Chelsea M. 5:00-5:45AM	Transform with Chelsea M. 5:00-5:45AM	Transform with Chelsea M. 5:00-5:45AM	Transform with Chelsea M. 5:00-5:45AM	Transform with Chelsea M. 5:00-5:45AM		
	Transform with Chelsea M. 6:00-6:45AM		Transform with Chelsea M. 6:00-6:45AM			
Total Toning with Jan K. 8:00-8:45AM	Total Toning with Jan K. 8:00-8:45AM	Total Toning with Jan K. 8:00-8:45AM				
Yoga with Jan K. 9:00-10:00AM	Total Body Fitness with Heather G. 9:00-10:00AM	Yoga with Jan K. 9:00-10:00AM	Total Body Fitness with Heather G. 9:00-10:00AM	Yoga with Jan K. 9:00-10:00AM	Saturday Morning Boost with Zina G. 9:00-10:00AM	
Arthritis Exercise with Rita D. 10:10-11:10AM		Stretch & Flex with Rita D. 10:10-11:10AM		Arthritis Exercise with Rita D. 10:10-11:10AM		
	Super Sculpt with Kathy A. 12:15-1:00PM		Super Sculpt with Kathy A. 12:15-1:00PM			
	Bench with Zina G. 5:30-6:30		Bench with Zina G. 5:30-6:30			
	Y-Extreme Basic with Patrick T. 6:30-7:15		Y-Extreme Basic with Patrick T. 6:30-7:15			

Randolph Area YMCA
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Updated 12/3/19

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GROUP EXERCISE DESCRIPTIONS

Transform: This is a full body workout. You will be working different muscle groups each day. Monday and Tuesday are upper body focused, Wednesday will be ab focused, Thursdays will be leg focused and Fridays are cardio focused.

Total Toning: In this toning class our focus on Monday is upper body and abs, Tuesday is lower body and Wednesday is total body and abs. To achieve our goals we use various equipment, sometimes high interval training, circuit, and stations. Any fitness level is welcome to this class with each exercise modified to meet the individuals needs. It's a fun class with members becoming friends and our instructor has years of teaching experience.

Super Sculpt: Ready for your lunch break workout? Super Sculpt is a total body workout that lasts 45 minutes. It will sculpt and tone your body using various equipment such as dumbbells, kettlebells and body balls.

Y-Extreme Basic: This is a generalized total body workout focusing on core strength, functional body exercises and cardiovascular endurance. Triple-set exercises, focused on different muscle groups are followed by intervals of short rest for recovery. Y-Extreme Basic is great for all levels of physical fitness!

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

Arthritis Exercise & Stretch and Flex: Rita has been certified by the American Arthritis Foundation to teach this class. Come out and let Rita help you loosen up those stiff joints.

Bench:

Saturday Morning Boost:

Total Body Fitness: Work all muscle groups with a variety of strengthening and conditioning exercises. This athletic-based sculpting class tones upper and lower body using resistance like hand weights, body bars, and your own body weight. All levels welcome.

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