

CLASS SCHEDULE

RANDOLPH AREA
YMCA



	MON	TUE	WED	THU	FRI	SAT	SUN
7AM		AQUACIZE SHANNON		AQUACIZE SHANNON	AQUACIZE RITA		
8AM	AQUACIZE RITA	AQUACIZE CONNIE	AQUACIZE RITA	AQUACIZE SHANNON	AQUACIZE RITA	AQUACIZE SHANNON	
9AM	RUSTY HINGES RITA		RUSTY HINGES RITA	AQUACIZE SHANNON	RUSTY HINGES RITA		
10:00AM	OPEN SWIM 10AM-1PM	OPEN SWIM 10AM-1PM	OPEN SWIM 10AM-1PM	OPEN SWIM 10AM-1PM	OPEN SWIM 10AM-1PM		
12PM						OPEN SWIM 12PM-3:30PM	
4:30PM		AQUACIZE SHANNON		AQUACIZE SHANNON			
5:30PM	INCHES AWAY LINDA	MOVIN & GROVIN LINDA	AQUACIZE SHANNON	MOVIN & GROVIN LINDA			

CLASS DESCRIPTION

AQUACIZE:

A GREAT NON-IMPACT OR LOW IMPACT WORKOUT. THE EXERCISES ARE DESIGNED TO INCREASE TONE, FLEXIBILITY, STRENGTH AND ENDURANCE.

RUSTY HINGES:

THIS CLASS IS DESIGNED TO TONE, INCREASE FLEXIBILITY, AND CARDIOVASCULAR ENDURANCE. THIS CLASS IS GREAT FOR USE AS THERAPY FOR THOSE WITH MILD TO SERIOUS ARTHRITIS.

INCHES AWAY:

COME AND JOIN IN ON THE FUN AS WE TAKE INCHES OFF! PLUS, WE WILL HAVE SPECIAL WAYS TO SUPPORT EACH OTHER AND A SPECIAL RECIPE EACH WEEK!

MOVIN AND GROVIN:

INTEGRATING THE ZUMBA FORMULA AND PHILOSOPHY WITH TRADITIONAL AQUA FITNESS DISCIPLINES. THIS CLASS BLENDS IT ALL TOGETHER IN A SAFE, CHALLENGING, WATER-BASED WORKOUT THAT'S CARDIO-CONDITIONING, BODY TONING AND EXHILARATING!

