



RANDOLPH-ASHEBORO YMCA EXERCISE CLASS SCHEDULE

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Monday, November 16

5:15 AM	Cycle	Jen
9:00 AM	Interval Training	Amy
5:30 PM	Cycle	Adam
5:30 PM	Yoga	Lorrie G
7:00 PM	Low Impact Aerobics	Myra

Tuesday, November 17

5:15 AM	Bootcamp-Gym	Jen
9:00 AM	Low Impact Aerobics	Jamie
10:00 AM	Vinyasa Yoga	Mary L.
11:15 AM	Line Dance	Susan A
12:15 PM	Interval Training	Penny
4:30 PM	Cycle	Tracy
5:30 PM	Cycle	Ken
5:30 PM	Dance Club	Ilesha
6:30 PM	Yoga	Connie

Wednesday, November 18

8:15 AM	Pilates	Lesley
9:00 AM	Slow Flow Yoga	Lesley
9:00 AM	Interval Training	Amy
11:15 AM	Line Dance	Susan A
5:30 PM	Cycle	Adam
5:30 PM	Hip Hop	Ilesha
6:30 PM	Yoga	Scarlet

Thursday, November 19

5:15 AM	Interval Training	Jen
9:00 AM	Low Impact Aerobics	Karen
9:00 AM	Cycle	Amy
12:15 PM	Interval Training	Penny
5:30 PM	Yoga	Lorrie G
7:00 PM	Low Impact Aerobics	Myra

Friday, November 20

9:00 AM	Body Pump	Betsy
9:00 AM	Cycle	Jamie
10:00 AM	Yoga	Lorie R
5:30 PM	Yoga Wall	Mary V

Saturday, November 21

8:00 AM	Boot Camp-Gym	Jen
9:00 AM	Cycle NEW	Adam

NO 11:00 AM Hip Hop TODAY!

In accordance with Executive Order 163 we will have the following occupancy limits:

- 15 participants, including the instructor, in the Group Exercise Studio
- 10 participants, including the instructor, in the Cycle Studio
- 8 participants, including the instructor, in the Mind & Body Studio (Limit of 6 on the Yoga Wall)
- *Yoga classes can be held in the Group Exercise Studio with up to 15 participants including the instructor as needed*

Participation will be on a first come, first serve basis

Please clean all equipment after use.



BeastMode
Monday—Friday
12:15 PM
4:30 PM
6:00 PM

All BeastMode classes held in the BeastMode Box Functional Training Center

LES MILLS VIRTUAL CLASSES
ARE AVAILABLE FOR MEMBER USE
when live classes are not scheduled.

PLEASE ENJOY!

Ask a staff person for help
to get it started if needed.