



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## RANDOLPH-ASHEBORO YMCA EXERCISE CLASS SCHEDULE

### Monday, September 14

5:15 AM	Cycle	Jen
9:00 AM	Interval Training	Amy
5:30 PM	Cycle	Adam
5:30 PM	Yoga	Lorrie G

### Tuesday, September 15

5:15 AM	Bootcamp	Jen
9:00 AM	Low Impact	Jamie
11:15 AM	Line Dance	Susan A
4:30 PM	Cycle	Tracy
5:30 PM	Cycle	Ken
5:30 PM	Dance Club	Iesha
6:30 PM	Yoga	Connie

### Wednesday, September 16

8:00 AM	Beginning Line Dance	Susan A
9:00 AM	Interval Training	Amy
11:15 AM	Line Dance	Susan A
5:30 PM	Cycle	Adam
5:30 PM	Hip Hop	Iesha
6:30 PM	Yoga	Scarlet

### Thursday, September 17

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

### Friday, September 18

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

### Saturday, September 19

8:00 AM	Boot Camp	Jen
11:00 AM	Hip Hop	Iesha

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)

Participation will be on a first come, first serve basis

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