

## Randolph-Asheboro YMCA Group Exercise Schedule-December

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15am	B-Fit Bootcamp-Amy/Gym OR GX*		B-Fit Bootcamp-Jen/Gym OR GX*	B-Fit Bootcamp-Jen/Gym OR GX*			
	LES MILLS VIRTUAL-MEMBER CHOICE	LES MILLS VIRTUAL-MEMBER CHOICE	LES MILLS VIRTUAL-MEMBER CHOICE	LES MILLS VIRTUAL-MEMBER CHOICE	LES MILLS VIRTUAL-MEMBER CHOICE		
5:30am		Cycle 45/ Core 15-Jeannie/CY		Yoga-Leslie, Jeannie/MB	Cycle 45/ Core 15-Jeannie/CY		
7:00am	GRIT (30 min.)	BODYPUMP (60 min.)	GRIT (30 min.)	BODYPUMP (60 min.)	GRIT (30 min.)		
8:00am			8:15am Yoga Wall-Dana/MB				
8:15am	Yoga For Balance & Wall-Dana/MB*	Pilates Balls&Barre/MB-Dana		Pilates/MB-Dana	Yoga-Anna/MB		
	Cardio Bootcamp(60min)-Amy-Gym*	Abs-Buns-Cycle-Robin/CY		Cycle-Amy/CY	Abs-Buns-Cycle-Jamie/CY		
9:00am	BODYPUMP (60 min.)	Low Impact Aerobics-Angie	Strength/Cardio Intervals-Amy	Low Impact Aerobics-Karen	BODYPUMP (60 min.)-Jen H.	BODYPUMP (60 min.)	
		Power Yoga-Lesley/MB		Suspension Training-Lesley/MB			
9:15am	Restorative Flow-Mary/MB		Scenic Senior Cycle-Dana/CY	9:05-9:55			
9:35am							
10:00am		Restorative Yoga/MB-Alka	Restorative Yoga-Alka/MB	Slow Flow Yoga-Lesley/MB	Yoga Flow & Wall-Dana/MB	Ballet Barre/MB-Shay	
		Silver Sneakers Classic-Amy	BODYPUMP (60 min.)-Karen	Silver Sneakers Classic/Karen			
10:15am	YoCycle (yoga cycle) -Dana/CY				Silver Sneaker Stretch-Virginia		
10:30am	PiYo (Pilates/Yoga)-Mary						
11:00am		Silver Sneakers Classic-Angie					
11:15am		Advanced Line Dance-Susan/MB	Beginning Line Dance-Susan				
12:00pm						11:15am CXWORX (30min.)	
						12:00 SH'BAM (45 min.)	
12:15pm	Bootcamp/Cycle ABC -Jamie Alternating schedule	Cardio Kick-Box	Kettlebell-Jamie/Penny	Strength/Cardio Intervals-Jamie			
2:00pm	BODYPUMP (60 min.)	GRIT (30 min.)	BODYPUMP (60 min.)	GRIT (30min.)	BODYPUMP (60 min.)	2:00pm BODYPUMP (60 min.)	BODYFLOW (30 min.)
3:00pm	GRIT (30 min.)	CXWORX (30 min.)	GRIT (30 min.)	CXWORX (30min.)	BODYCOMBAT (60 min.)	3:15pm BODYFLOW (30 min.)	CXWORX (30 min.)
4:00pm						4:00pm BODYCOMBAT (60min.)	BODYPUMP (60 min.)
4:20pm		BODYPUMP (60 min.)- Stacy		BODYPUMP (60 min.)-Stacy			
	Club YMCA/MB		Club YMCA-MB	Club YMCA-CY			
4:30pm		Kidz Dance - Felix/MB					
	Strength/Cardio Intervals (60 min.)-Anna	Cycle (30 min.)-Tracy/CY	Strength/Cardio Intervals-Jamie				
		5:30 Suspension Training-Lesley					
5:30pm	Cycle-Adam/CY	Beginning Cycle (45 min)-Barry	Cycle-Adam/CY	Yoga - Anna/MB	Yoga Wall-Scarlet/MB		
	BODYPUMP (60 min.)-Rhonda	Hip Hop-Felix	Hip Hop-Adriane & Shay*	BODYCOMBAT (60 min.)-Stacy	BODYPUMP (60 min.)		
6:00pm		Yoga Barre/MB-Dana					
6:30pm	Restorative Yoga-Alka/MB	Cycle-Jeannie/CY	PowerFlow Yoga-Alka/MB				
		Total Abs - Myra		GRIT (30 min.)- Stacy			
6:40pm	Strength/Cardio Intervals (30 min.)-Robin						
6:45pm		Yoga/MB-Scarlet	BODYPUMP (60 Min.)				
7:00pm		Low Impact Aerobics-Myra					
7:05pm				Simple Step/Myra			
7:15pm							
7:30pm			7:35pm Yoga Wall-Dana/MB				
8:00pm	BODYPUMP (60 min.)	BODYCOMBAT (60 min.)-Lorrie		SH'BAM (45 min.)			
				Night Owl Yoga-Lorrie/MB			

**\*ATTENTION!!!**  
Monday, Wednesday, Thursday 5:15am BFit class and Monday 9am Bootcamp to be held in Group Fitness room starting Dec 17th while the gym floors are being refinished.  
The 5:30am Les Mills Virtual-Member Choice will not be available at this time.



**Holiday Hours:**  
Christmas Eve - Open 5am-1pm  
Christmas Day - CLOSED  
New Year's Eve - Open 5am-6pm  
New Year's Day - Open Regular Hours

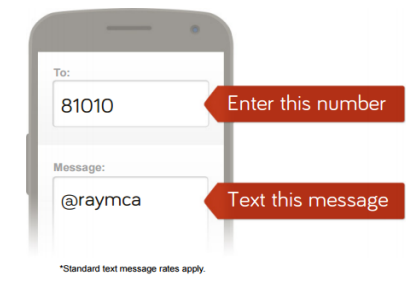
**Wacky Christmas Shirt Dance Party!**  
Wednesday, December 19  
5:30pm

SCAN QR CODE FOR ONLINE SCHEDULES



**TEXT ALERTS**

Want to stay connected to the Y? Want to know when we are closed or delayed in opening? Or in the event of cancelled classes?  
Sign up for our text alerts!  
Text @raymca to 81010 to get connected.  
\*Standard text message rates apply.



CLASS CANCELLATIONS WILL BE POSTED ON OUR WEBSITE'S FACILITY UPDATES PAGE.

**OUR MISSION:**

**To put Christian principles into practice through programs that help build a healthy spirit, mind and body for all.**

**IT IS RECOMMENDED TO CONSULT YOUR PHYSICIAN BEFORE STARTING AN EXERCISE PROGRAM**

Les Mills Virtual-Instructor BODYPUMP times allow for 5 min. set up and clean up  
Les Mills Virtual Streaming Class times range from 30-60 minutes and allow you to experience a variety of workouts on your own when it's convenient.  
Feel free to leave when you want. Please put away equipment when finished. Let a staff person know if there is a class you want to workout to and they will set it up for you. Enjoy!

Classes held in Group Exercise Studio unless noted  
MB-Mind & Body Studio  
CY-Cycle Studio  
BM-BeastMode Box

<p><b>Monday</b> 9:00-10:00a Arthritis Aerobics 9:15-10:00a Deep Water HIIT 10:15-11:15a Aqua Bootcamp 1:30-2:30p Seniors in Motion</p> <p><b>Tuesday</b> 8:50-9:50a Total Body Workout 10:00-10:45a Water Aerobics 11:05-12:05p Power Movers &amp; Shakers 5:30-6:15p Arthritis Aerobics 7:00-8:00p Evening Energizer</p>	<p><b>Wednesday</b> 9:00-10:00a Arthritis Aerobics 9:15-10:00a Deep Water HIIT 10:15-11:15a Aqua Dance 1:30-2:30p Seniors in Motion</p> <p><b>Thursday</b> 8:50-9:50a Total Body Workout 10:00-10:45a Water Aerobics 11:05-12:05p Power Movers &amp; Shakers 12:00-12:45p Aqua Bands Plus 5:30-6:15p Arthritis Aerobics 7:00-8:00p Evening Energizer</p>	<p><b>Friday</b> 9:00-10:00a Arthritis Aerobics 9:15-10:00a Deep Water HIIT 10:15-11:15a Total Body Workout 11:15-12:00p Water Aerobics</p> <p><b>Saturday</b> 8:30-9:30a Water Aerobics</p> <p><a href="#">Water Fitness Classes</a></p>
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**SENIOR LAND FITNESS CLASSES TUESDAY 10:00-11:00AM & 11:05AM-12:05PM and THURSDAY 10:00AM-11:00AM SILVER SNEAKERS CLASSIC / FRIDAY 10:15-11:00AM SILVER SNEAKER STRETCH**