

**Randolph-Asheboro YMCA
Group Exercise Schedule-February**

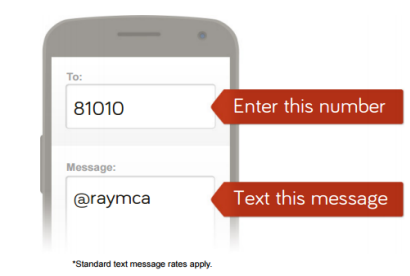
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15am	B-Fit Bootcamp-Amy/Cycle		B-Fit Bootcamp-Brandon/Gym				
	LES MILLS VIRTUAL-BODYCOMBAT	LES MILLS VIRTUAL-BODYPUMP	LES MILLS VIRTUAL-BODYCOMBAT	B-Fit Bootcamp-Jen/Strength Training GX*	LES MILLS VIRTUAL-BODYCOMBAT		
5:30am		Cycle 45/ Core 15-Jeannie/CY		Yoga-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			Bootcamp-Gym or GX	
8:15am	Yoga For Balance & Wall-Dana/MB*	Pilates Balls&Barre/MB-Dana		Pilates/MB-Dana	Yoga-Dana/MB	Yoga/MB-Scarlet	
9:00am	Cardio Bootcamp(60min)-Amy-Gym*	Abs-Buns-Cycle-Robin/CY		Cycle-Amy/CY	Abs-Buns-Cycle-Jamie/CY	Cycle-Rotation/CY	
	BODYPUMP (60 min.)	Low Impact Aerobics-Angie	Strength/Cardio Intervals-Amy	Low Impact Aerobics-Karen	BODYPUMP Live (60)-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	Restorative Yoga-Jeannie/MB	Yoga Wall/MB-Scarlet	
9:35am							
10:00am		Gentle/Yin /MB-Liz	Restorative Yoga-Mary/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				Hip-Hop/GX-Iesha	
11:15am		Advanced Line Dance-Susan/MB	Beginning Line Dance-Susan	Barre/MB-Mary Jo			
12:00pm						12:00 SH'BAM (45 min.)	
12:15pm	Bootcamp/Cycle ABC -Jamie Alternating schedule	Strength/Cardio Intervals- Jamie/Penny	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 (45-60 min.)
3:00pm	GRIT (30 min.)	CXWORX (30 min.)	GRIT (30 min.)	CXWORX (30min.)	BODYCOMBAT (60 min.)	3:00pm BODYFLOW (45-60 min.)	CXWORX (30 min.)
4:00pm						4:00pm BODYCOMBAT (60min.)	BODYPUMP (60 min.)
4:20pm		BODYPUMP (60 min.)- Stacy		BODYPUMP (60 min.)-Stacy			
4:30pm	Club YMCA/MB	Kidz Dance - Felix/MB	Club YMCA-MB	Club YMCA-CY			
	Strength/Cardio Intervals (60 min.)-Anna	Cycle (30 min.)-Tracy/CY	Strength/Cardio Intervals-Jamie				
5:30pm	Cycle-Adam/CY	Beginning Cycle (45 min)-Barry	Cycle-Adam/CY	Yoga - Anna/MB	Yoga Wall-Scarlet/MB		
	BODYPUMP (60 min.)-Robin	Hip Hop-Felix	Hip Hop-Adriane & Shay	BODYCOMBAT (60 min.)-Stacy	BODYPUMP (60 min.)		
6:00pm		Barre/MB-Shay					
6:30pm	Yoga-Lorrie/MB	Cycle-Emily/CY	PowerFlow Yoga-Scarlet/MB	POUND!-Mary Jo/MB			
		Total Abs - Myra		Total Abs - Myra			
6:40pm	Strength/Cardio Intervals (30 min.)-Robin						
6:45pm		Yoga-Dana/MB	BODYPUMP (60 Min.)				
7:00pm		Low Impact Aerobics-Myra		Low Impact HIIT/Step-Myra			
7:05pm							
7:15pm							
7:30pm			7:35pm Yoga Wall-Scarlet/MB				
8:00pm	BODYPUMP (60 min.)	BODYCOMBAT (60 min.)-Lorrie		SH'BAM (45 min.)			
				Night Owl Yoga-Lorrie/MB			



**VALENTINE'S TUTU
DANCE PARTY
FEBRUARY 20
5:30PM**

**PARTNER YOGA
FEBRUARY 14
7:30-8:45**

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>Monday 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>Tuesday 8:50-9:50a Total Body Workout 10:00-10:45a Water Aerobics 11:05-12:05p Power Movers & Shakers 5:30-6:15p Arthritis Aerobics 7:00-8:00p Evening Energizer</p>	<p>Wednesday 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>Thursday 8:50-9:50a Total Body Workout 10:00-10:45a Water Aerobics 11:05-12:05p Power Movers & Shakers 12:00-12:45p Aqua Bands Plus 5:30-6:15p Arthritis Aerobics 7:00-8:00p Evening Energizer</p>	<p>Friday 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>Saturday 8:30-9:30a Water Aerobics</p> <p>Water Fitness Classes</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