



Time	Monday	Instructor	Time	Thursday	Instructor
5:15am	B-Fit Bootcamp*	Amy	5:15am	B-Fit Bootcamp*	Jen
5:30am	LES MILLS VIRTUAL-MEMBER CHOICE		5:30am	LES MILLS VIRTUAL-MEMBER CHOICE	
7:00am	GRIT 30 min		7:00am	BODYPUMP 60 min.	
9:00am	Cardio Bootcamp-Gym or GX	Amy	9:00am	Low Impact Aerobics	Karen
9:00am	BODYPUMP 60 min.		10:00am	Silver Sneaker Classic	Karen
10:30am	Pi/Yo Pilates/Yoga	Mary	12:15pm	Strenght/Cardio Intervals	Jamie
12:15pm	Bootcamp/Cycle ABC	Jamie	2:00pm	GRIT 30 min	
2:00pm	BODYPUMP 60 min.		3:00pm	CXWORX 30 min	
3:00pm	GRIT 30 min		4:20pm	BODYPUMP 60 min.	Stacy
4:30pm	Strength/Cardio Intervals 60min	Anna	5:30pm	BODYCOMBAT 60 min.	Stacy
5:30pm	BODYPUMP 60 min.	Rhonda	6:30pm	GRIT 30 min.	Stacy
6:40pm	Strenght/Cardio Intervals 30min Robin		7:05pm	Simple Step	Myra
8:00pm	BODYPUMP 60 min.		8:00pm	Sh'BAM 45 min.	

Tuesday		
Time	Class	Instructor
5:15am	Endurance - Beastmode	
5:30am	LES MILLS VIRTUAL-MEMBER CHOICE	
7:00am	BODYPUMP 60 min.	
9:00am	Low Impact Aerobics	Angie
10:00am	Silver Sneakers Classic	Amy
11:00am	Silver Sneakers Classic	Angie
12:15pm	Cardio Kick-box 30 min.	Amy
2:00pm	GRIT 30 min	
3:00pm	CXWORX 30 min	
4:20pm	BODYPUMP 60 min.	Stacy
4:30pm	Kidz Dance (in Mind & Body)	Felix
5:30pm	Hip Hop	Felix
6:30pm	Total Abs	Myra
7:00pm	Low Impact Aerobics	Myra
8:00pm	BODYCOMBAT 60 min.	Lorrie

Wednesday		
Time	Class	Instructor
5:15am	B-Fit Bootcamp*	Jen
5:30am	LES MILLS VIRTUAL-MEMBER CHOICE	
7:00am	GRIT 30 min	
9:00am	Strenght/Cardio Intervals	Amy
10:00am	BODYPUMP 60 min.	Karen
11:15am	Beginning Line Dance	Susan A.
12:15pm	Kettlebell	Jamie/Penny
2:00pm	BODYPUMP 60 min.	
3:00pm	GRIT 30 min	
4:30pm	Strenght/Cardio Intervals	Jamie
5:30pm	Hip Hop	Adriane/Shay
6:45pm	BODYPUMP 60 min	

Friday		
Time	Class	Instructor
5:30am	LES MILLS VIRTUAL-MEMBER CHOICE	
7:00am	GRIT 30min	
9:00am	BODYPUMP 60 min.	Jen H.
10:15am	Silver Sneaker Stretch	
2:00pm	BODYPUMP 60 min.	
3:00pm	BODYCOMBAT 60 min.	
5:30pm	BODYPUMP 60 min.	

Saturday		
Time	Class	Instructor
8:00am	Bootcamp	Rotation
9:00am	BODYPUMP 60 min.	
10:15am	Hip Hop 45 min.	leasha
11:15am	CXWORX 30 min.	
12:00pm	Sh'BAM 45 min.	
1:00pm	GRIT 30 min.	
2:00pm	BODYPUMP 60 min.	
3:15pm	BODYFLOW 30 min.	
4:00pm	BODYCOMBAT 60 min.	

Sunday		
Time	Class	Instructor
2:00pm	BODYFLOW 30 min	Rotation
3:00pm	CXWORX 30 min	Rotation
4:00pm	BODYPUMP 60 min.	

Les Mills Virtual-Streaming

Steaming Virtual Classes allow you to experience a variety of workouts on your own when it's convenient. Feel free to leave when you want. Let a staff person know if there is a class you want to work out to and they will set it up.

*Be sure to check Modified Schedules and Y hours for the Holidays at randolphasheboroyymca.com

***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.**