



# RANDOLPH-ASHEBORO YMCA

## EXERCISE CLASS SCHEDULE

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

<p><b>MONDAY May 10</b></p> <p>5:15 AM Cycle Jen 9:00 AM Interval Training Amy <b>10:00 AM Slow Flow Vinyasa NEW! Liz</b> 12:15 PM Cycle Heather 5:30 PM Cycle Adam 5:30 PM Yoga Lorrie G. 7:00 PM Low Impact Aerobics Myra</p>	<p><b>TUESDAY May 11</b></p> <p>5:15 AM Bootcamp-Gym Jen <b>5:30 AM Flow &amp; Yin Yoga NEW! Lydia</b> 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 5:30 PM Dance Club Iesha <b>5:30pm Beginning Yoga NEW! Nicole</b> 6:30 PM Yoga Connie</p>
<p><b>WEDNESDAY May 12</b></p> <p>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 12:15 PM Cycle Heather 5:30 PM Cycle Adam 5:30 PM Hip Hop Iesha 6:30 PM Yoga Scarlet</p>	<p><b>THURSDAY May 13</b></p> <p>5:15 AM Interval Training Jen <b>5:30 AM Flow &amp; Yin Yoga NEW! Lydia</b> 9:00 AM Low Impact Aerobics Karen 9:00 AM Cycle Amy <b>10:00 AM Slow Flow Vinyasa NEW! Liz</b> 12:15 PM Interval Training Penny 5:30 PM Yoga Lorrie G 7:00 PM Low Impact Aerobics Myra</p>
<p><b>FRIDAY May 14</b></p> <p>8:30 AM Yoga Lorie R 9:00 AM Body Pump Betsy 9:00 AM Cycle Jamie 10:15 AM Senior Chair Yoga Virginia <b>No 11:00 AM Zumba Gold Today!</b> 5:30 PM Yoga Wall Mary V.</p>	<p><b>SATURDAY May 15</b></p> <p>8:00 AM Boot Camp-Gym Jen 10:00-10:45 Body Pump Virtual-45 minutes <b>No 11:00 AM Hip Hop Today!</b></p>

**LES MILLS VIRTUAL CLASSES & VIRTUAL CYCLE CLASSES** are available for member use when live classes are not scheduled. Ask a staff person for help to get started and enjoy!



### BEASTMODE

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

Youth BeastMode Class Ages 10-14  
Wednesdays 3:00 PM  
All BeastMode classes held in the  
BeastMode Box Functional Training Center

### NEW YOGA CLASSES STARTING IN MAY!

5:30 AM Tuesday & Thursday Flow & Yin  
10:00 AM Monday & Thursday Slow Flow Vinyasa  
5:30 PM Tuesday May 4, 11, 18 Beginning Yoga

### BRING YOUR OWN MAT

Mats available for purchase at the Front Desk

### PLEASE NOTE:

Tuesday 4:30pm & 5:30pm Cycle &  
Saturday 9:00am Cycle is cancelled until further notice

**Supervised Teen Center:** Mon, Tues, Wed 4:30-7:30pm Ages 7 and up

### Nursery Hours:

Mon-Fri 8:30am-1:15pm Sat 8:00am-12 noon Mon-Thurs 4:00pm-8:00pm Fri-4:00pm-7:00pm