

Randolph
Asheboro
YMCA



GROUP EXERCISE
STUDIO
June-17

Monday			Thursday		
Time	Class	Instructor	Time	Class	Instructor
9:00-9:55a	Bootcamp (Gym)	Amy	9:00-9:55a	Low Impact Aerobics	Karen
9:00-9:55a	Dance Aerobics	Susan	10:00-11:00a	Silver Sneakers Classic	Karen
10:15-11:15a	Yoga Pump (GX or MB)	Mary	11:05-12:05p	Silver Sneakers	Angie
12:15-12:45p	Bootcamp (Gym)	Jamie	12:10-12:45p	Power-Cut	Jamie
4:30-5:25p	Bootcamp	Anna	4:30-5:25p	Power-Cut w/cardio	Jen
5:30-6:25p	ABC Abs-Buns-Cardio	Rhonda	5:30-6:25p	Cardio Kickboxing	Rhonda
6:30-7:10p	Intervals	Robin	6:30-7:00p	Kettlebell/Tabata	Ken
7:15-7:45p	Yoga	Scarlet	7:05-7:50p	Simple Step	Myra
Tuesday			Friday		
Time	Class	Instructor	Time	Class	Instructor
5:15-6:00a	<i>Endurance In Beastmode room</i>		9:00-10:00a	Self Defense	Frank
9:00-9:55a	Low Impact Aerobics	Angie	10:15-11:00a	Silver Sneakers Stretch	Virginia
10:00-11:00a	Silver Sneakers Classic	Amy			
11:05-12:05p	Silver Sneakers	Angie			
12:15-12:45p	Intervals	Amy			
4:30-5:15p	Kidz Dance Party-Ages 5-12 <i>First week of June only - Then Wednesdays</i>	Felix	Saturday		
5:30-6:25p	Hip Hop	Felix	Time	Class	Instructor
6:30-7:00p	Zumba	Kimberly	8:00-9:00a	Bootcamp	Rotation
7:05-7:50p	Low Impact Aerobics	Myra	10:00-11:00a	Zumba	Matt
Wednesday			SENIOR LAND FITNESS CLASSES		
Time	Class	Instructor	Tuesday:	10:00-11:00a - Silver Sneakers Classic 11:05-12:05p - Senior Chair	
8:15-8:55	Yoga Sculpt	Dana	Wednesday	10:05-10:50a - Senior Cardio Tone	
9:00-9:55a	Power-Cut w/cardio	Amy	Thursday	10:00-11:00a- Silver Sneakers Classic 11:05-12:05p - Senior Chair	
10:05-10:50a	Senior Cardio Tone	Virginia/Angie	Friday	10:15-11:00a - Silver Sneakers Stretch	
11:00-11:45a	Beginning Line Dance	Susan			
12:15-12:45p	Kettlebell	Jamie/Penny			
4:30-5:15p	Kidz Dance Party-Ages 5-12 Class will be held in Gym starting 6/14	Felix			
4:30-5:25p	Cardio/Strength Intervals	Jen			
5:30-6:30p	Hip-Hop Dance	Adriane			

ZUMBA CLASSES:
Tues 6:30-7:00p
Tues 5:30-6:25 Hip Hop
Wed 5:30-6:30p Hip-Hop Dance
Sat 10:00-11:00a Zumba