

Randolph-Asheboro YMCA Group Exercise Schedule-June

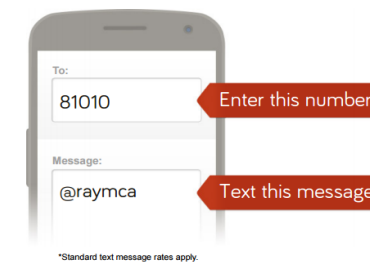
| Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---------|--|---|--|--|---------------------------------|--|--------------------|
| 5:15am | B-Fit Bootcamp-Gym | | B-Fit Bootcamp-Gym | B-Fit Bootcamp-Gym | | B-FIT WORKOUTS AT 8AM CHECK-IN & NUTRITION AT 9AM | |
| 5:30am | BODYPUMP (60 min.) | Cycle 45/ Core 15-Jeannie/CY | | BODYCOMBAT (60 min.)-Danielle | BODYPUMP (60 min.)-Danielle | | |
| 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 | | | B-Fit Bootcamp-Gym | |
| 8:15am | Yoga For Balance & Wall-Dana/MB | Pilates on the Ball-Scarlet | | Basic Pilates-Scarlet/MB | Yoga-Dana/MB | Yoga-Dana & Scarlet-MB | |
| 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.)-Jen H. | Low Impact Aerobics-Angie | Strength/Cardio Intervals-Amy | Low Impact Aerobics-Karen | BODYPUMP (60 min.)-Jen H. | BODYPUMP (60 min.)-Rotation | |
| 9:15am | Restorative Flow-Felicia/MB | | Scenic Senior Cycle-Dana/CY | 9:05-9:55 | | | |
| 9:35am | | | | | | | |
| 10:00am | | Slow Flow Yoga-Scarlet/MB | Restorative Yoga-Alka/MB | Slow Flow Yoga-Scarlet/MB | Yoga Flow & Wall-Anna/MB | Yoga Wall-Dana & Scarlet/ MB | |
| | | 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/MB | | | | | 10:30am GRIT 30min | |
| 11:00am | | Silver Sneakers Classic-Angie | | Silver Sneakers Classic/Angie | | | |
| 11:15am | | | Beginning Line Dance-Susan | | | 11:15am CXWORX (30min.) | |
| 12:00pm | | Advanced Line Dance-Susan/MB | | | | 12:00 SH'BAM (45 min.) | |
| 12:15pm | Bootcamp/Cycle ABC -Jamie Alternating schedule | Cardio Kick-Box | Kettlebell-Jamie/Penny | Strength/Cardio Intervals-Jamie | | GRIT (30 min.) | |
| 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 (45 min.) | 3:15pm BODYFLOW (30 min.) | CXWORX (30 min.) |
| 4:00pm | | | | | | 4:00pm BODYCOMBAT (60min.) | BODYPUMP (60 min.) |
| 4:20pm | | BODYPUMP (60 min.) | | BODYPUMP (60 min.)-Justin | | | |
| 4:30pm | Club YMCA | Club YMCA | Club YMCA | Club YMCA | | | |
| | Strength/Cardio Intervals (30 min.)-Ann 5:00 Abs/Glutes (30 min)-Anna | Cycle-Tracy/CY 5:30 YOGA Wall Suspension Training-Lesley | Strength/Cardio Intervals-Jen F. | | | | |
| 5:30pm | Cycle-Adam/CY BODYPUMP (60 min.)-Rhonda | Beginnin Cycle (45 min)-Barry Hip Hop-Felix | Cycle-Adam/CY Hip Hop-Adriane & Shay* | BODYCOMBAT (60 min.) | BODYPUMP (60 min.)-Myra | | |
| 6:00pm | Restorative Yoga-Alka/MB | 6:30 Restorative Yoga-Alka/MB | PowerFlow Yoga-Alka/MB | Cycle-Adam/CY (30 min.) | | | |
| 6:30pm | | Cycle-Ken/CY | | | | | |
| 6:40pm | Strength/Cardio Intervals (30 min.)-Robin | Total Abs - Myra | | GRIT (30 min.) 1 & 3/Kettle Bell 2 & 4-Ken | | | |
| 6:45pm | | | BODYPUMP (60 Min.) | | | | |
| 7:00pm | | Low Impact Aerobics-Myra | | | | | |
| 7:05pm | | | | Simple Step/Myra | | | |
| 7:15pm | Christian Cycle-Danielle/CY (45 min.) | | | | | | |
| 7:30pm | | | | | | | |
| 8:00pm | BODYPUMP (60 min.) | BODYCOMBAT (60 min.)-Lorrie | | Cardio Dance (45min.) Hannah Night Owl Yoga-Lorrie/MB | | | |



SUMMER DANCE PARTY!

JUNE 20
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.

Les Mills Virtual-Instructor BODYPUMP times allow for 5 min. set up and clean up
Les Mills Virtual Steaming 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 6:00-6:45p Deep Water Intervals</p> <p>Tuesday 8:50-9:50a Total Body Workout 10:00-10:45a Water Aerobics 11:10-12:10p 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 11:30-12:15p Aqua Bands Plus 1:30-2:30p Seniors in Motion 6:00-6:45p Deep Water Intervals</p> <p>Thursday 8:50-9:50a Total Body Workout 10:00-10:45a Water Aerobics 11:10-12:10p Power Movers & Shakers 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 style="text-align: center;">Water Fitness Classes</p> |
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SENIOR LAND FITNESS CLASSES TUESDAY & THURSDAY 10:00-11:00AM AND 11:05AM-12:05PM SILVER SNEAKERS CLASSIC / FRIDAY 10:15-11:00AM SILVER SNEAKER STRETCH

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