



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## LES MILLS VIRTUAL CLASSES AVAILABLE SOON AT RANDOLPH-ASHEBORO YMCA



### LES MILLS **BODYPUMP**

BODYPUMP™ is the original barbell class that strengthens your entire body. This 60-minute workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weight inspire you to get the results you came for – and fast!



### LES MILLS **BODYCOMBAT**

BODYCOMBAT™ is the empowering cardio workout where you are totally unleashed. This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as karate, boxing, taekwondo, and tai chi. Supported by driving music and powerful role model instructors, you strike, punch, kick and kata your way through calories to superior cardio fitness.



### LES MILLS **BODYFLOW**

BODYFLOW™\* is the yoga-based class that will improve your mind, your body and your life. During BODYFLOW™\* an inspired soundtrack plays as you bend and stretch through a series of simple yoga moves and embrace elements of Tai Chi and Pilates. Breathing control is a part of all the exercises, and instructors will always provide options for those just getting started. You'll strengthen your entire body and leave the class feeling calm and centered.



### LES MILLS **CXWORX**

Looking for a short, sharp workout that will inspire you onto the next level of fitness while strengthening & toning your body? CXWORKX™ is for you! CXWORKX™ really hones in on the torso and sling muscles that connect your upper body to your lower body. It's ideal for tightening your tummy and butt, while also improving functional strength and assisting in injury prevention.



### LES MILLS **GRIT**

LES MILLS GRIT™SERIES will push you to your max, and beyond. Get the up close and personal attention of small group or team training. This workout uses a variety of body weight exercises and provides the challenge and intensity you need to get results fast.

STRENGTH | PLYO | CARDIO



### LES MILLS **SH'BAM**

Featuring simple but seriously hot dance moves, SH'BAM® is the perfect way to shape up and let out your inner star. Set to a soundtrack of chart-topping popular dance hits heard in the hottest nightclubs around the world, as well as familiar classics remixed, and modernized, SH'BAM® is the ultimate fun and sociable way to exercise.

**RANDOLPH-ASHEBORO YMCA**

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