

## Randolph-Asheboro YMCA Group Exercise Schedule-March

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30am	BODYPUMP (60 min.)-Amy	Cycle 45/ Core 15-Jeannie/CY		Yoga-Kathy/MB BODYCOMBAT (60 min.)-Danielle	BODYPUMP (60 min.)-Danielle	<b>Mandala Workshop: Movement &amp; Art</b> Saturday, March 17 (10am-12pm) Sign up at Front Desk to reserve your spot.	
6:00am							
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				
8:15am	Yoga For Balance & Wall-Dana/MB	Pilates on the Ball-Scarlet	Total Abs - Becca	Basic Pilates-Scarlet/MB	Yoga-Dana/MB	Yoga-Dana & Scarlet-MB	
9:00am	Cardio Bootcamp-Amy-GX/Gym 30 min.	Abs-Buns-Cycle-Robin/CY		Cycle-Amy/CY	Abs-Buns-Cycle-Jamie/CY	Cycle-Rotation/CY	
		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	Power Yoga-Lesley/MB		Yoga Wall TRX Style-Lesley/MB		Pilates & Yoga Wall Dana & Scarlet/MB	
9:35am	BODYPUMP (60 min.)-Amy		Scenic Senior Cycle-Dana/CY	9:05-9:55			
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	Senior Cardio Tone-Angie/VA		Beginning Line Dance-Susan			11:15am CXWORX (30min.)	
		Advanced Line Dance-Susan/MB					
12:00pm						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	Club YMCA for Kids/MB	Club YMCA for Kids/MB	Club YMCA for Kids/MB	Club YMCA for Kids/MB		4:00pm BODYCOMBAT (60min.)	BODYPUMP (60 min.)
4:15pm	Club YMCA for Kids/CY						
4:20pm		BODYPUMP (60 min.)-Jen Hubler		BODYPUMP (60 min.)-Jen F.			
4:30pm	Boot Camp-Anna	Cycle-Tracy/CY	Strength/Cardio Intervals-Jen F.		Cycle-Danielle/CY (30 min.)		
		5:30 YOGA Wall TRX Style-Lesley	Kidz Dance Party-Felix/Gym		Line Dance -Susan Hunt		
5:30pm	Cycle-Adam/CY	Beginnin Cycle (45 min)-Barry	Cycle-Adam/CY		Yoga Wall-Dana/MB		
	BODYPUMP (60 min.)-Rhonda	Hip Hop-Felix	Hip Hop-Adriane & Shay	Cardio KickBox-Rhonda	BODYPUMP (60 min.)-Myra		
6:00pm		6:30 Restorative Yoga-Alka/MB		Cycle-Adam/CY (30 min.)			
6:30pm	Restorative Yoga-Alka/MB	Cycle-Ken/CY	PowerFlow Yoga-Alka/MB	Total Abs-Myra/MB			
		Total Abs - Myra		GRIT (30 min.) 1 & 3/Kettle Bell 2 & 4-Ken			
6:40pm	Strength/Cardio Intervals (30 min.)-Robin						
6:45pm			BODYPUMP (60 Min.)-Ashley				
7:00pm		Low Impact Aerobics-Myra					
7:05pm				Simple Step/Myra			
7:15pm	BODYFLOW (30 min.)-Scarlet						
	Cycle-Danielle/CY (30 min.)						
7:30pm							
8:00pm	BODYPUMP (60 min.)	BODYCOMBAT (60 min.)-Lorrie	Zumba (45 min.) Kimberly	Cardio Dance (45min.) Hannah			
				Night Owl Yoga-Lorrie/MB			



***YOGA WALL CLASSES NOW ON THE SCHEDULE!***

**80's THEMED DANCE PARTY**  
WITH ADRIANE, SHAY, FELIX, KIMBERLY,  
HANNAH, ASHLEY! WED, MAR 21 AT 5:30PM  
**\*There will be no 8:00pm Zumba on March 21**

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 messag rates apply.

CLASS CANCELLATIONS WILL BE POSTED ON OUR WEBSITE'S FACILITY UPDATES PAGE.

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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	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	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	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	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	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

[Water Fitness Classes](#)

**SENIOR LAND FITNESS CLASSES MONDAY 11:15AM-12:00 SENIOR CARDIO-TONE TUESDAY & THURSDAY 10:00-11:00AM AND 11:05AM-12:05PM SILVER SNEAKERS CLASSIC / FRIDAY 10:15-11:00AM SILVER SNEAKER STRETCH**

### OUR MISSION:

**To put Christian principles into practice through programs that help build a healthy spirit, mind and body for all.**

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