

**Randolph
Asheboro
YMCA**



**MindBody
Studio**

February-19

Monday			Thursday		
Time	Class	Instructor	Time	Class	Instructor
8:15am	Yoga For Balance & Wall	Dana	5:30am	Yoga	Jeannie
9:15am	Restorative Flow	Mary	8:15am	Pilates	Dana
4:30-6:00pm	Club Ymca For Kids		9:05am	Suspension Training	Lesley
6:30pm	Yoga	Lorrie	10:00am	Slow Flow Yoga	Lesley
			11:15am	Barre	Mary Jo
Tuesday			Friday		
Time	Class	Instructor	Time	Class	Instructor
8:15am	Pilates Balls&Barre	Dana	8:15am	Yoga	Dana
9:00am	Power Yoga	Lesley	9:15am	Restorative	Jeannie
10:00am	Gentle/Yin	Liz	10:00am	Yoga Flow and Yoga Wall	Dana
11:15am	Advanced Line Dance	Susan	5:30pm	Yoga Wall	Scarlet
4:30-5:15pm	Kidz Dance w/ Felix-Club YMCA				
6:00pm	Barre	Shay	Saturday		
6:45pm	Yoga	Dana	Time	Class	Instructor
			8:15am	Yoga	Scarlet
			9:15am	Yoga Wall	Scarlet
			10:00am	Ballet Barre	Shay
Wednesday			<div style="border: 1px solid black; padding: 5px; text-align: center;"> <p>PARTNER YOGA FEBRUARY 14 7:30-8:45</p>  </div>		
Time	Class	Instructor			
8:15am	Yoga Wall Sampler	Dana			
10:00am	Restorative Yoga	Mary			
4:30-5:15pm	Club Ymca For Kids				
6:30pm	Power Flow Yoga	Scarlet			
7:35pm	Yoga Wall	Scarlet			

Yoga Wall Classes/YELLOW; Barre Classes/PURPLE

Modifications can be made for different levels in most classes. Please let the instructor know if it is your first time in class and they will be glad to help make the class type fit your needs. It is recommended to consult your physician before starting any exercise program.

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? Then 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

www.randolphasheboroyymca.com