



Monday			Thursday		
Time	Class	Instructor	Time	Class	Instructor
8:15am	Yoga For Balance & Wall	Dana	8:15am	Basic Pilates	Scarlet
9:15am	Restorative Flow	Mary	9:05am	Suspension Training	Lesley
4:30pm	Club Ymca For Kids-Yoga		10:00am	Slow Flow Yoga	Scarlet
5:15pm	Club Ymca For Kids-Circuit Training		5:30pm	Yoga	Anna
6:30pm	Intermediate/Restorative	Alka	8:00pm	Night Owl Yoga	Lorrie
Tuesday			Friday		
Time	Class	Instructor	Time	Class	Instructor
8:15am	Pilates on the Ball	Scarlet	8:15am	Yoga	Anna
9:00am	Power Yoga	Lesley	10:00am	Yoga Flow and Yoga Wall	Dana
10:00am	Slow Flow Yoga	Scarlet	5:30pm	Yoga Wall	Dana
11:15am	Advanced Line Dance	Susan			
5:30pm	Suspension Training	Lesley			
6:30pm	Restorative Yoga	Alka			
Wednesday			Saturday		
Time	Class	Instructor	Time	Class	Instructor
8:15am	Yoga Wall Sampler	Dana	8:15am	Yoga	Dana/Scarlet
10:00am	Restorative Yoga	Alka	10:00am	Yoga Wall	Dana/Scarlet
4:30pm	Club Ymca For Kids-Yoga				
5:15pm	Club Ymca For Kids-Circuit Training				
6:30pm	Power Flow Yoga	Alka			
7:35pm	Yoga Wall	Dana			

New Yoga Wall Classes are Highlighted

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.randolphasheboroymca.com