

Randolph
Asheboro
YMCA



MIND BODY
STUDIO
June-17

Monday			Thursday		
Time	Class	Instructor	Time	Class	Instructor
8:15-8:55a	Yoga For Balance	Dana	5:30-6:30a	Sun Salutations Yoga	Kathy
10:00-11:00a	Intermediate Yoga Flow	Felicia	8:15-8:55a	Basic Pilates	Scarlet
10:15-11:15a	Yoga Pump (GX or MB)	Mary	10:00-11:15a	Slow Flow Yoga	Scarlet
4:00-5:00p	Club YMCA	Danielle	4:00-4:30p	Club YMCA	Danielle
6:35-7:35p	Intermediate/Restorative	Alka	6:30-7:30p	Martial Arts	Frank Hibbs
Tuesday			Friday		
Time	Class	Instructor	Time	Class	Instructor
8:15-8:55a	Pilates on the Ball	Scarlet	8:00-9:00p	Night Owl Yoga Level 1 Yoga	Lorrie
10:00-11:00a	Slow Flow Yoga	Scarlet	8:15-8:55a	Yoga	Dana
11:30-12:30p	Advanced Line Dance	Susan	10:00-11:00a	Yoga Flow	Anna
4:00-4:30p	Club YMCA	Danielle			
6:00-7:15p	Basic & Restorative Yoga	Alka			
Wednesday			Saturday		
Time	Class	Instructor	Time	Class	Instructor
8:15-8:55a	Yoga Sculpt <i>Class now in Group Fitness room</i>	Dana	8:15-9:00a	Yoga	Dana
10:00-11:15a	Restorative Yoga	Alka	9:15-10:00a	Pilates	Dana/Scarlet
4:00-5:00p	Club YMCA	Danielle	10:00-11:00a	Yoga	Scarlet
6:35-7:35p	Power Flow Yoga	Alka			

Beginner Yoga 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.

*Standard text message rates apply.

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