



Monday			Thursday		
Time	Class	Instructor	Time	Class	Instructor
8:15am	Yoga For Balance & Wall	Dana	8:15am	Basic Pilates	Scarlet
9:15am	Restorative Flow	Felicia		Yoga Wall Suspension	
10:30am	Pi/Yo Pilates/Yoga	Mary	9:05am	Training-Lesley/MB	Lesley
4:30pm	Club Ymca For Kids	Danielle	10:00am	Slow Flow Yoga	Scarlet
6:30pm	Intermediate/Restorative	Alka	4:30pm	Club Ymca For Kids	Danielle
Tuesday			Friday		
Time	Class	Instructor	Time	Class	Instructor
8:15am	Pilates on the Ball	Scarlet	8:15am	Yoga	Dana
9:00am	Power Yoga	Lesley			
10:00am	Slow Flow Yoga	Scarlet	10:00am	Yoga Flow and Yoga Wall	Anna
11:15am	Advanced Line Dance	Susan	5:30pm	Yoga Wall	Dana
4:30pm	Club Ymca For Kids	Danielle			
	Yoga Wall Suspension				
5:30pm	Training-Lesley/MB	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	9:00am	Bfit Check In/Nutrition/Stret	Scarlet
4:30pm	Club Ymca For Kids	Danielle	10:00am	Yoga Wall	Dana/Scarlet
6:30pm	Power Flow Yoga	Alka			

**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](http://www.randolphasheboroymca.com)