

**Randolph  
Asheboro  
YMCA**



**MindBody  
Studio**

**November-18**

Monday			Thursday		
Time	Class	Instructor	Time	Class	Instructor
8:15am	Yoga For Balance & Wall	Dana	5:30am	Yoga	Leslie/Jeanne
9:15am	Restorative Flow	Mary	8:15am	Basic Pilates	Scarlet
4:30-6:00pm	Club Ymca For Kids		9:05am	Suspension Training	Lesley
6:30pm	Intermediate/Restorative	Alka	10:00am	Slow Flow Yoga	Scarlet
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			
4:30-5:15pm	Kidz Dancew/ Felix-Club YMCA		Saturday		
5:30pm	Suspension Training	Lesley	Time	Class	Instructor
6:30pm	Restorative Yoga	Alka	8:15am	Yoga	Dana/Scarlet
Wednesday			10:00am	Yoga Wall	Dana/Scarlet
Time	Class	Instructor	<b>Wed, Nov 21 - No Classes after 12:15pm</b> <b>Thurs, Nov 22 - Y CLOSED for Thanksgiving</b> <b>Fri, Nov 23 - No Live Classes</b> <b>Sat, Nov 24 - No 10:15am Hip-Hop</b>		
8:15am	Yoga Wall Sampler	Dana			
10:00am	Restorative Yoga	Alka			
4:30-5:15pm	Club Ymca For Kids				
6:30pm	Power Flow Yoga	Alka			
7:35pm	Yoga Wall	Dana			

**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)