



| 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 | | | |
| 4:30-6:00pm | Club Ymca For Kids | | 10:00am | Slow Flow Yoga | Scarlet | | | |
| 6:30pm | Intermediate/Restorative | Alka | 5:30pm | Yoga | Anna | | | |
| Tuesday <th>Time</th> <th>Class</th> <th>Instructor</th> | | | Time | Class | Instructor | | | |
| 8:15am | Pilates on the Ball | Scarlet | 8:00pm | Night Owl Yoga | Lorrie | | | |
| 9:00am | Power Yoga | Lesley | Friday <th>Time</th> <th>Class</th> <th>Instructor</th> | | | Time | Class | Instructor |
| 10:00am | Slow Flow Yoga | Scarlet | 8:15am | Yoga | Anna | | | |
| 11:15am | Advanced Line Dance | Susan | 10:00am | Yoga Flow and Yoga Wall | Dana | | | |
| 4:30-5:15pm | Kidz Dancew/ Felix-Club YMCA | | 5:30pm | Yoga Wall | Dana | | | |
| 5:30pm | Suspension Training | Lesley | Saturday <th>Time</th> <th>Class</th> <th>Instructor</th> | | | Time | Class | Instructor |
| 6:30pm | Restorative Yoga | Alka | 8:15am | Yoga | Dana/Scarlet | | | |
| Wednesday <th>Time</th> <th>Class</th> <th>Instructor</th> | | | Time | Class | Instructor | | | |
| 8:15am | Yoga Wall Sampler | Dana | 10:00am | Yoga Wall | Dana/Scarlet | | | |
| 10:00am | Restorative Yoga | Alka | | | | | | |
| 4:30-5:15pm | Club Ymca For Kids | | | | | | | |
| 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