

## Randolph-Asheboro YMCA Group Exercise Schedule-November

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15am	B-Fit Bootcamp-Amy/Gym		B-Fit Bootcamp-Jen/Gym	B-Fit Bootcamp-Jen/Gym			
	LES MILLS VIRTUAL-MEMBER CHOICE	LES MILLS VIRTUAL-MEMBER CHOICE	LES MILLS VIRTUAL-MEMBER CHOICE	LES MILLS VIRTUAL-MEMBER CHOICE	LES MILLS VIRTUAL-MEMBER CHOICE		
5:30am		Cycle 45/ Core 15-Jeannie/CY		Yoga-Leslie, Jeannie/MB		Cycle 45/ Core 15-Jeannie/CY	
7:00am	GRIT (30 min.)	BODYPUMP (60 min.)	GRIT (30 min.)	BODYPUMP (60 min.)	GRIT (30 min.)		
8:00am			8:15am Yoga Wall-Dana/MB			Bootcamp-Gym or GX	
8:15am	Yoga For Balance & Wall-Dana/MB	Pilates on the Ball-Scarlet		Basic Pilates-Scarlet/MB	Yoga-Anna/MB	Yoga-Dana & Scarlet-MB	
	Cardio Bootcamp(60min)-Amy-Gym	Abs-Buns-Cycle-Robin/CY		Cycle-Amy/CY	Abs-Buns-Cycle-Jamie/CY	Cycle-Rotation/CY	
9:00am	BODYPUMP (60 min.)	Low Impact Aerobics-Angie	Strength/Cardio Intervals-Amy	Low Impact Aerobics-Karen	BODYPUMP (60 min.)-Jen H.	BODYPUMP (60 min.)-Rotation	
		Power Yoga-Lesley/MB		Suspension Training-Lesley/MB			
9:15am	Restorative Flow-Mary/MB		Scenic Senior Cycle-Dana/CY	9:05-9:55			
9:35am							
10:00am		Slow Flow Yoga-Scarlet/MB	Restorative Yoga-Alka/MB	Slow Flow Yoga-Scarlet/MB	Yoga Flow & Wall-Dana/MB	Yoga Wall-Dana & Scarlet/ MB	
		Silver Sneakers Classic-Amy	BODYPUMP (60 min.)-Karen	Silver Sneakers Classic/Karen			
10:15am	YoCycle (yoga cycle) -Dana/CY				Silver Sneaker Stretch-Virginia	10:15 Hip-Hop 45 min. Iesha	
10:30am	PiYo (Pilates/Yoga)-Mary						
11:00am		Silver Sneakers Classic-Angie					
11:15am		Advanced Line Dance-Susan/MB	Beginning Line Dance-Susan			11:15am CXWORX (30min.)	
12:00pm						12:00 SH'BAM (45 min.)	
12:15pm	Bootcamp/Cycle ABC -Jamie Alternating schedule	Cardio Kick-Box	Kettlebell-Jamie/Penny	Strength/Cardio Intervals-Jamie		GRIT (30 min.)	
2:00pm	BODYPUMP (60 min.)	GRIT (30 min.)	BODYPUMP (60 min.)	GRIT (30min.)	BODYPUMP (60 min.)	2:00pm BODYPUMP (60 min.)	BODYFLOW (30 min.)
3:00pm	GRIT (30 min.)	CXWORX (30 min.)	GRIT (30 min.)	CXWORX (30min.)	BODYCOMBAT (60 min.)	3:15pm BODYFLOW (30 min.)	CXWORX (30 min.)
4:00pm						4:00pm BODYCOMBAT (60min.)	BODYPUMP (60 min.)
4:20pm		BODYPUMP (60 min.)- Stacy		BODYPUMP (60 min.)-Stacy			
	Club YMCA	Club YMCA	Club YMCA	Club YMCA			
4:30pm		Kidz Dance - Felix/Gym					
	Strength/Cardio Intervals (60 min.)-Anna	Cycle (30 min.)-Tracy/CY	Strength/Cardio Intervals-Jamie				
		5:30 Suspension Training-Lesley					
5:30pm	Cycle-Adam/CY	Beginning Cycle (45 min)-Barry	Cycle-Adam/CY	Yoga - Anna/MB	Yoga Wall-Dana/MB		
	BODYPUMP (60 min.)-Rhonda	Hip Hop-Felix	Hip Hop-Adriane & Shay	BODYCOMBAT (60 min.)-Stacy	BODYPUMP (60 min.)		
6:00pm		6:30 Restorative Yoga-Alka/MB		Cycle-Adam/CY (30 min.)			
6:30pm	Restorative Yoga-Alka/MB	Cycle-Jeannie/CY	PowerFlow Yoga-Alka/MB				
		Total Abs - Myra		GRIT (30 min.)- Stacy			
6:40pm	Strength/Cardio Intervals (30 min.)-Robin						
6:45pm			BODYPUMP (60 Min.)				
7:00pm		Low Impact Aerobics-Myra					
7:05pm				Simple Step/Myra			
7:15pm							
7:30pm			7:35pm Yoga Wall-Dana/MB				
8:00pm	BODYPUMP (60 min.)	BODYCOMBAT (60 min.)-Lorrie		SH'BAM (45 min.)			
				Night Owl Yoga-Lorrie/MB			



T H A N K S G I V I N G

**WEDNESDAY, NOVEMBER 21**  
NO GX CLASSES AFTER 12:15PM

**THURSDAY, NOVEMBER 22**  
CLOSED FOR THANKSGIVING

**FRIDAY, NOVEMBER 23**  
NO LIVE CLASSES

**SATURDAY, NOVEMBER 24**  
NO 10:15AM HIP-HOP CLASS

SCAN QR CODE FOR ONLINE SCHEDULES



### 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? 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.



Les Mills Virtual-Instructor BODYPUMP times allow for 5 min. set up and clean up  
Les Mills Virtual Streaming Class times range from 30-60 minutes and allow you to experience a variety of workouts on your own when it's convenient. Feel free to leave when you want. Please put away equipment when finished. Let a staff person know if there is a class you want to workout to and they will set it up for you. Enjoy!

Classes held in Group Exercise Studio unless noted  
MB-Mind & Body Studio  
CY-Cycle Studio  
BM-BeastMode Box

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00-10:00a Arthritis Aerobics 9:15-10:00a Deep Water HIIT 10:15-11:15a Aqua Bootcamp 1:30-2:30p Seniors in Motion	8:50-9:50a Total Body Workout 10:00-10:45a Water Aerobics 11:05-12:05p Power Movers & Shakers 5:30-6:15p Arthritis Aerobics 7:00-8:00p Evening Energizer	9:00-10:00a Arthritis Aerobics 9:15-10:00a Deep Water HIIT 10:15-11:15a Aqua Dance 1:30-2:30p Seniors in Motion	8:50-9:50a Total Body Workout 10:00-10:45a Water Aerobics 11:05-12:05p Power Movers & Shakers 12:00-12:45p Aqua Bands Plus 5:30-6:15p Arthritis Aerobics 7:00-8:00p Evening Energizer	9:00-10:00a Arthritis Aerobics 9:15-10:00a Deep Water HIIT 10:15-11:15a Total Body Workout 11:15-12:00p Water Aerobics	8:30-9:30a Water Aerobics <a href="#">Water Fitness Classes</a>

**IT IS RECOMMENDED TO CONSULT YOUR PHYSICIAN BEFORE STARTING AN EXERCISE PROGRAM**

**OUR MISSION:**  
To put Christian principles into practice through programs that help build a healthy spirit, mind and body for all.

**SENIOR LAND FITNESS CLASSES** TUESDAY 10:00-11:00AM & 11:05AM-12:05PM and THURSDAY 10:00AM-11:00AM SILVER SNEAKERS CLASSIC / FRIDAY 10:15-11:00AM SILVER SNEAKER STRETCH