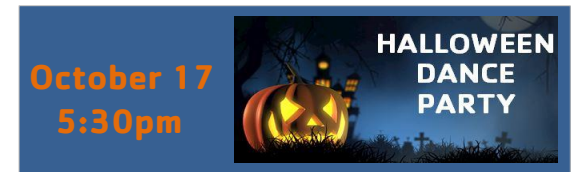


Randolph-Asheboro YMCA Group Exercise Schedule-October

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15am	B-Fit Bootcamp-Amy/Gym <small>LES MILLS VIRTUAL-MEMBER CHOICE</small>		B-Fit Bootcamp-Jen/Gym <small>LES MILLS VIRTUAL-MEMBER CHOICE</small>	B-Fit Bootcamp-Jen/Gym <small>LES MILLS VIRTUAL-MEMBER CHOICE</small>			
5:30am		Cycle 45/ Core 15-Jeannie/CY			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	
9:00am	Cardio Bootcamp(60min)-Amy-Gym	Abs-Buns-Cycle-Robin/CY		Cycle-Amy/CY	Abs-Buns-Cycle-Jamie/CY	Cycle-Rotation/CY	
	BODYPUMP (60 min.)	Low Impact Aerobics-Angie	Strength/Cardio Intervals-Amy	Low Impact Aerobics-Karen	BODYPUMP (60 min.)-Jen H.	BODYPUMP (60 min.)-Rotation	
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 (45 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			
4:30pm	Club YMCA	Club YMCA	Club YMCA	Club YMCA			
		Kidz Dance - Felix/Gym					
	Strength/Cardio Intervals (60 min.)-Anna	Cycle (30 min.)-Tracy/CY	Strength/Cardio Intervals-Jamie				
5:30pm	Cycle-Adam/CY	5:30 Suspension Training-Lesley					
		Beginning Cycle (45 min)-Barry	Cycle-Adam/CY	Yoga - Anna/MB	Yoga Wall-Dana/MB		
	BODYPUMP (60 min.)-Rhonda	Thriller Dance Class - Dana					
6:00pm		Hip Hop-Felix	Hip Hop-Adriane & Shay	BODYCOMBAT (60 min.)-Stacy	BODYPUMP (60 min.)		
6:30pm	Restorative Yoga-Alka/MB	6:30 Restorative Yoga-Alka/MB		Cycle-Adam/CY (30 min.)			
		Cycle-Jeannie/CY	PowerFlow Yoga-Alka/MB				
6:40pm	Strength/Cardio Intervals (30 min.)-Robin	Total Abs - Myra		GRIT (30 min.)- Stacy			
6:45pm			BODYPUMP (60 Min.)				
7:00pm		Low Impact Aerobics-Myra					
7:05pm				Simple Step/Myra			
7:15pm	Dance Aerobics-Susan H. (35 min.)						
7:30pm	Christian Cycle-Rotation/CY (45 min.)		7:35pm Yoga Wall-Dana/MB				
8:00pm	BODYPUMP (60 min.)	BODYCOMBAT (60 min.)-Lorrie		SH'BAM (45 min.)			
				Night Owl Yoga-Lorrie/MB			



OCTOBER NEW CLASSES
 Mondays 7:15pm Dance With Susan Hunt
 Tuesdays 5:30pm Thriller with Dana Antoniou
 Saturdays 10:15am Hip Hop with Iesha Bowden

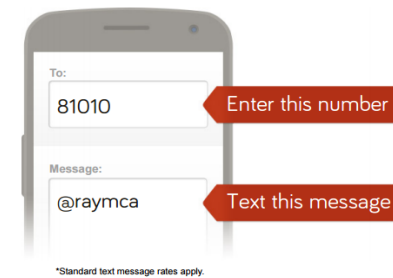


SCAN QR CODE FOR ONLINE SCHEDULES



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.

www.randolphasheboroymca.com

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

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

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

<p>Monday 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 6:00-6:45p Deep Water Intervals</p> <p>Tuesday 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</p>	<p>Wednesday 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 6:00-6:45p Deep Water Intervals</p> <p>Thursday 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</p>	<p>Friday 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 6:00-6:45p Deep Water Intervals</p> <p>Saturday 8:30-9:30a Water Aerobics Water Fitness Classes</p>
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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