



RANDOLPH-ASHEBORO YMCA SENIOR DAY

Wednesday, Feb 14, 2018 — FREE/Senior Members!

Y? BECAUSE WE LOVE YOU!

<u>TIME</u>	<u>ACTIVITY</u>	<u>LOCATION</u>
9:00am	Arthritis Aerobics Water Aerobics Class	Pool
9:15am	Deep Water HIIT Water Fitness Class	Pool
9:15am	Senior Scenic Cycle	Cycle Studio
9:30am	Bud Vase Floral Class Sign up at Front Desk - \$3/Members; \$6/Public	Senior/Teen Center
10:00am	Restorative Yoga (Group Ex Class)	Mind & Body Studio
10:15am	Aqua Dance Water Fitness	Pool
11:00am	Clear Captions Phone Service	Community Room
11:15am	Beginning Line Dancing Class (Group Ex Class)	Group Ex Studio
11:30am	Aqua Bands Plus Water Fitness	Pool
12:00pm	Lunch - Spaghetti Sign up at Front Desk Bring a side dish.	Community Room
12:30pm	Monarch Hand Bell Choir	Community Room
1:00pm	Backyard Bird Talk w/ Bob Langston of the NC Zoo	Community Room



RANDOLPH-ASHEBORO YMCA

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