



RANDOLPH-ASHEBORO YMCA SENIOR DAY

Wednesday, March 21, 2018
FREE/Senior Members!

<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	Planning for Your Future Presented by Randolph Memorial Park	Community Room
10:00am	Restorative Yoga (Group Ex Class)	Mind & Body Studio
10:15am	Aqua Dance Water Fitness	Pool
10:30am	Brain Bootcamp (Luke Holland-Humana)	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 - Spring Salad Sign up at Front Desk Bring a side dish.	Community Room



RANDOLPH-ASHEBORO YMCA

343 NC Hwy 42 N / PO Box 1152 / Asheboro, NC 27204

www.RandolphAsheboroYMCA.com (336) 625-1976