

Randolph-Asheboro YMCA Group Exercise Schedule-September

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			
5:30am	BODYPUMP (60 min.)	Cycle 45/ Core 15-Jeannie/CY		BODYPUMP (60 min.)	BODYCOMBAT (60 min.)		
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 Power Yoga-Lesley/MB	Strength/Cardio Intervals-Amy	Low Impact Aerobics-Karen Suspension Training-Lesley/MB	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 Silver Sneakers Classic-Amy	Restorative Yoga-Alka/MB BODYPUMP (60 min.)-Karen	Slow Flow Yoga-Scarlet/MB Silver Sneakers Classic/Karen	Yoga Flow & Wall-Dana/MB	Yoga Wall-Dana & Scarlet/ MB	
10:15am	YoCycle (yoga cycle) -Dana/CY				Silver Sneaker Stretch-Virginia		
10:30am	PiYo (Pilates/Yoga)-Mary					10:30am GRIT 30min	
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			
	Strength/Cardio Intervals (30 min.)-Ann	Kidz Dance - Felix/Gym					
	5:00 Abs/Glutes (30 min)-Anna	Cycle (30 min.)-Tracy/CY	Strength/Cardio Intervals-Jamie				
5:30pm	Cycle-Adam/CY BODYPUMP (60 min.)-Rhonda	5:30 Suspension Training-Lesley					
5:30pm		Beginning Cycle (45 min)-Barry	Cycle-Adam/CY	Yoga - Anna/MB	Yoga Wall-Dana/MB		
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.)			
6:40pm		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	Christian Cycle-Rotation/CY (45 min.)						
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			



BLACK OUT DANCE PARTY

SEPT 19th
5:30PM

SCAN QR CODE FOR ONLINE SCHEDULES

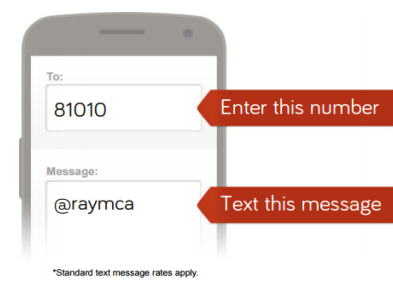


YOGATHON at BICENTENNIAL PARK

Saturday September 29th; 5pm-10pm
Bicentennial Park, Asheboro
Events: Live musical performances, mini yoga sessions/games, vendors, happy hour yoga at beer garden, food trucks, raffles, contests, LED hoop dancers, and fire dancers

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

<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>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>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>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>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>Saturday 8:30-9:30a Water Aerobics Water Fitness Classes</p>

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