



RANDOLPH-ASHEBORO YMCA

EXERCISE CLASS SCHEDULE

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MONDAY April 13 5:15 AM Cycle Jen 9:00 AM Interval Training Amy 10:00 AM Body Pump Live Betsy 9:00 AM Yoga Abby 11:15 AM Pilates Kathy 12:15 PM Women & weights Jamie 12:15 PM Cycle Danielle 5:30 PM Cardio & Core Rhonda 5:30 PM Cycle Adam 6:30 PM Total Body for All Myra			TUESDAY April 14 5:15 AM Bootcamp-Gym Jen 9:00 AM Low Impact Aerobics Karen 9:00 AM Abs-Buns-Cycle Jamie 10:00 AM Silver Sneakers Robin 10:00 AM Slow Flow Yoga Kathy 11:15 AM Advanced Line Dance Susan A 12:15 PM Interval Training Becca 5:30PM Build & Burn Weight Training Rhonda 5:30 PM Yoga Nicole 5:30 PM Abs-Buns-Cycle Danielle 6:30 PM Line Dance Starla		
WEDNESDAY April 15 5:15 AM Pilates Jen 9:00 AM Pilates Christina 10:00 AM Slow Flow Yoga Christina 9:00 AM Interval Training Amy 10:00 AM Silver Sneakers Stephanie 11:15 AM Beginning Line Dance Susan A 11:15 AM Barre Class Lesley 12:15 PM Women & Weights Jamie 12:15 PM Cycle Heather 5:30 PM Cycle Adam 5:30 PM Hip Hop Ashley			THURSDAY April 16 5:15 AM Interval Training Jen 9:00 AM Yin Yoga -Soar & Restore Christina 9:00 AM Low Impact Aerobics Karen 9:00AM Cycle & Trivia Randy 10:00 AM Silver Sneakers Karen 10:00 AM Yoga Christina 11:00 AM Beginner Yoga Christina 12:15 PM Pilates Robin 5:30 PM Interval Class Julie 6:30 PM Total Body for All Myra		
FRIDAY April 17 9:00 AM Yoga Wall/Yoga Kathy 9:00 AM Body Pump Live Betsy 10:25 AM Chair Stretch & Balance - VIRTUAL 11:15 AM Room Reserved for Y Dance No 12:15PM Lower Body Band Workout 5:30 PM Yoga Wall Dana			SATURDAY April 18 8:15 AM Old School Step Rhonda 9:00 AM Cycle Adam 10:15 AM Body Pump Virtual		

LES MILLS VIRTUAL CLASSES & VIRTUAL CYCLE CLASS available for member use when live classes are not scheduled. Ask a staff person for help to get started and enjoy!

BEASTMODE CLASS TIMES



Monday - Thursday 10:00AM 12:15PM 4:30PM 6:00PM
Friday 10:00AM 12:15PM 5:30PM

All BeastMode classes held in the BeastMode Box Functional Training Center

Supervised Indoor Playground: Monday-Thursday 4:30-8:00pm Ages 6-12 **Nursery Hours:**
Mon-Fri 8:30am-1:15pm Sat 8:00am-12 noon Mon-Thurs 4:00pm-8:00pm Fri-4:00pm-7:00pm