



# RANDOLPH-ASHEBORO YMCA

## EXERCISE CLASS SCHEDULE

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

MONDAY April 6			TUESDAY April 7		
5:15 AM	Cycle	Jen	5:15 AM	Bootcamp-Gym	Jen
9:00 AM	Interval Training	Amy	9:00 AM	Low Impact Aerobics	Karen
10:00 AM	Body Pump Virtual		9:00 AM	Abs-Buns-Cycle	Jamie
9:00 AM	Yoga	Abby	10:00 AM	Silver Sneakers	Robin
11:15 AM	Pilates	Kathy	10:00 AM	Slow Flow Yoga	Kathy
12:15 PM	Women & weights	Jamie	11:15 AM	Advanced Line Dance	Susan A
12:15 PM	Cycle	Danielle	12:15 PM	Interval Training	Becca
5:30 PM	Cardio & Core	Rhonda	5:30PM	Build & Burn Weight Training	Rhonda
5:30 PM	Cycle	Adam	5:30 PM	Yoga	Nicole
6:30 PM	Total Body for All	Myra	5:30 PM	Abs-Buns-Cycle	Danielle
			6:30 PM	Line Dance	Starla
WEDNESDAY April 8			THURSDAY April 9		
5:15 AM	Pilates	Jen	5:15 AM	Interval Training	Jen
9:00 AM	Pilates	Christina	9:00 AM	Yin Yoga -Soar & Restore	Christina
10:00 AM	Slow Flow Yoga	Christina	9:00 AM	Low Impact Aerobics	Karen
9:00 AM	Interval Training	Amy	9:00AM	Cycle & Trivia	Randy
10:00 AM	Silver Sneakers	Stephanie	10:00 AM	Silver Sneakers	Karen
11:15 AM	Beginning Line Dance	Susan A	10:00 AM	Yoga	Christina
<b>No 11:15 AM Barre Class</b>			11:00 AM	Beginner Yoga	Christina
12:15 PM	Women & Weights	Jamie	12:15 PM	Pilates	Robin
12:15 PM	Cycle	Heather	5:30 PM	Interval Class	Julie
5:30 PM	Cycle	Adam	6:30 PM	Total Body for All	Myra
5:30 PM	Hip Hop	Ashley			
FRIDAY April 10			SATURDAY April 11		
9:00 AM	Yoga Wall/Yoga	Lorie	8:15 AM	Old School Step	Rhonda
9:00 AM	Body Pump Virtual		9:00 AM	Cycle	Adam
10:25 AM	Chair Stretch & Balance	Virginia	10:15 AM	Body Pump Virtual	
11:15 AM	Room Reserved for Y Dance				
<b>No 12:15PM Lower Body Band Workout</b>					
5:30 PM	Yoga Wall	Mary V			

**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