



RANDOLPH-ASHEBORO YMCA

EXERCISE CLASS SCHEDULE

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MONDAY April 15 5:15 AM Cycle Jen 9:00 AM Interval Training Amy 10:15 AM Body Pump Virtual 10:00 AM Yoga Abby 11:00 AM Yoga-Beginner Friendly Abby 12:15 PM Cycle Heather 5:30 PM Kick-Box-45 Minutes Rhonda 5:30 PM Cycle Adam 6:30 PM Yoga-45 Minutes Rhonda 6:30 PM Total Body for All Myra			TUESDAY April 16 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 Lesley 11:15 AM Advanced Line Dance Susan A 12:15 PM Interval Training Becca 5:30 PM Old-School Step Class Rhonda 5:30 PM Yoga Nicole 6:00 PM Abs-Buns-Cycle Danielle 6:30 PM Yoga Connie		
WEDNESDAY April 17 5:15 AM Pilates Jen 9:00 AM Pilates Christina 10:00 AM Slow Flow Yoga Christina 9:00 AM Interval Training Amy 11:15 AM Beginning Line Dance Susan A 12:15 PM Cycle Heather 5:30 PM Cycle Adam 5:30 PM Hip Hop Kylie 6:30 PM Yoga Scarlet			THURSDAY April 18 5:15 AM Interval Training Jen 9:00 AM Pilates/Yoga 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 Training Jamie 6:30 PM Total Body for All Myra 6:30PM Power Yoga Abby		
FRIDAY April 19 9:00 AM Yoga Wall/Yoga Lorrie R 9:00 AM Abs-Buns-Cycle Jamie 9:00 AM Body Pump Live Betsy 10:25 AM Senior Chair Yoga Virginia 11:15 AM Room Reserved for Y Dance 5:30 PM Yoga Wall Dana			SATURDAY April 20 8:15 AM Old School Step Rhonda 9:00 AM BootCamp Jen 9:00 AM Cycle Adam 10:00 AM Body Pump Virtual 11:00 AM Room Reserved for Y Dance		
BRING YOUR OWN YOGA MAT Mats available for purchase at the Front Desk \$20					

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 & Wednesday **6:00AM** 10:00AM 12:15PM 4:30PM 6:00PM
 Tuesday & Thursday 10:00AM 12:15PM 4:30PM 6:00 PM
 Friday **6:00AM** 10:00AM 12:15PM 5:30PM

Supervised Teen Center: Monday-Thursday 4:30-7:30pm Ages 7 and up **Nursery Hours:**
 Mon-Fri 8:30am-1:15pm Sat 8:00am-12 noon Mon-Thurs 4:00pm-8:00pm Fri-4:00pm-7:00pm