



# RANDOLPH-ASHEBORO YMCA

## EXERCISE CLASS SCHEDULE

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

<b>MONDAY August 18</b>			<b>TUESDAY August 19</b>		
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 Live	Betsy	9:00 AM	Abs-Buns-Cycle	Jamie
9:00 AM	Yoga - NEW TIME!	Abby	10:00 AM	Silver Sneakers	Robin
11:30 AM	Pilates	Kathy	10:00 AM	Slow Flow Yoga	Kathy
12:15 PM	Cycle	Danielle	11:15 AM	Advanced Line Dance	Susan A
5:30 PM	Kick-Box-45 Minutes	Rhonda	12:15 PM	Interval Training	Becca
5:30 PM	Cycle	Adam	<b>NO 5:30 PM Step &amp; Stretch Tonight!</b>		
6:30 PM	Yoga	Rhonda	5:30 PM	Yoga	Nicole
6:30 PM	Total Body for All	Myra	6:00 PM	Abs-Buns-Cycle	Danielle
			6:30 PM	Yoga	Connie
<b>WEDNESDAY August 20</b>			<b>THURSDAY August 21</b>		
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
11:15 AM	Beginning Line Dance	Susan A	10:00 AM	Silver Sneakers	Karen
<b>11:15 AM</b>	<b>Barre Class – NEW!</b>	<b>Lesley</b>	10:00 AM	Yoga	Christina
12:15 PM	Cycle	Heather	11:00 AM	Beginner Yoga	Christina
5:30 PM	Cycle	Adam	12:15 PM	Pilates	Kathy
5:30 PM	Hip Hop	Ashley/Kylie	5:30 PM	Interval Training	Jamie
6:00 PM	Yoga	Kathy	6:30 PM	Total Body for All	Myra
<b>FRIDAY August 22</b>			<b>SATURDAY August 23</b>		
9:00 AM	Yoga Wall/Yoga	Lorie	8:15 AM	Old School Step	Rhonda
9:00 AM	Body Pump Live	Betsy	9:00 AM	Boot Camp	Julie
10:25 AM	Senior Chair Yoga	Virginia	9:00 AM	Cycle	Adam
11:15 AM	Room Reserved for Y Dance		10:15 AM	Body Pump Virtual	
12:15PM	Lower Body Band Workout	Brittany	11:15 AM	Room Reserved for Y Dance	
5:30 PM	Yoga Wall	Dana			

**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