



RANDOLPH-ASHEBORO YMCA

EXERCISE CLASS SCHEDULE

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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|---|--|--|---|--|--|
| MONDAY December 16 5:15 AM Cycle Jen 9:00 AM Interval Training Amy 10:15 AM Body Pump Live Betsy 10:00 AM Yoga Abby 12:15 PM Cycle Heather 5:30 PM Kick-Box-45 Minutes Rhonda 5:30 PM Cycle Adam 6:30 PM Yoga Rhonda 6:30 PM Total Body for All Myra | | | TUESDAY December 17 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 Robin 5:30 PM Yoga Niclole 6:00 PM Abs-Buns-Cycle Danielle 6:30 PM Yoga Connie | | |
| WEDNESDAY December 18 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 Ashley/Kylie 6:30 PM Yoga Kathy | | | THURSDAY December 19 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 Training Jamie 6:30 PM Total Body for All Myra 6:30PM Power Yoga Abby | | |
| FRIDAY December 20 9:00 AM Yoga Wall/Yoga Lorie 9:00 AM Body Pump Live Betsy 10:25 AM Senior Chair Yoga Virginia 11:15 AM Room Reserved for Y Dance No 12:15 PM Lower Body Band Workout 5:30 PM Yoga Wall Dana | | | SATURDAY December 21 8:15 AM Total Body Workout Myra 9:00 AM Boot Camp Tracy 9:00 AM Cycle Adam 10:00 AM Body Pump Virtual 11:00 AM Room Reserved for Y Dance | | |

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