




RANDOLPH-ASHEBORO YMCA

EXERCISE CLASS SCHEDULE

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MONDAY December 22			TUESDAY December 23		
5:15 AM	Cycle	Eddie	5:15 AM	Bootcamp-Gym	Eddie
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	Abby	10:00 AM	Silver Sneakers	Robin/Stephanie
11:15 AM	Pilates	Kathy	10:00 AM	Slow Flow Yoga	Kathy
12:15 PM	Cycle	Danielle	11:15 AM "POP-UP" BARRE CLASS w/ Grayce		
5:30 PM	Kick-Box-45 Minutes	Rhonda	No 11:15 AM Advanced Line Dance		
5:30 PM	Cycle	Adam	No 12:15 PM Interval Training		
6:30 PM	Total Body for All	Amy	5:30 PM	Step & Stretch	Myra
			No 5:30 PM Yoga		
			6:00 PM	Abs-Buns-Cycle	Danielle
			6:30 PM	Yoga	Connie
			No 6:30pm Line Dance		
WEDNESDAY December 24 Y Hours 5:00am-3:00pm Holiday Schedule					
9:00 AM	Pilates	Christina			
10:00 AM	Slow Flow Yoga	Christina			
11:15 AM	Barre Class	Grayce			
12:15 PM	Cycle	Adam			
FRIDAY December 26			SATURDAY December 27		
9:00 AM	Yoga Wall/Yoga	Lorie	8:15 AM	Total Body Workout	Myra
9:00 AM	Body Pump Virtual		9:00 AM	Cycle	Adam
No 10:25 AM Chair Stretch & Balance			10:15 AM	Body Pump Virtual	
11:15 AM	Latin Dance & HipHop Mix	Pieng			
12:15PM	Lower Body Band Workout	Brittany			
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