



# RANDOLPH-ASHEBORO YMCA HOLIDAY EXERCISE CLASS SCHEDULE

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

<p><b>MONDAY December 23</b></p> <p>5:15 AM Cycle Michael 9:00 AM Interval Training Amy 10:15 AM Body Pump Virtual 10:00 AM Yoga Abby <b>NO 12:15 PM Cycle</b> <b>NO 5:30 PM Kick-Box</b> 5:30 PM Cycle Adam <b>NO 6:30 PM Yoga</b> 6:30 PM Total Body for All Myra</p>	<p><b>TUESDAY December 24</b> <b>Christmas Eve</b> <b>No Group Exercise Classes</b></p> <p><b>Y Hours 5:00am-3:00pm</b></p> <p><b>(Virtual is scheduled for 5:15am)</b></p>
<p><b>Y is Closed</b></p> 	<p><b>THURSDAY December 26</b></p> <p>5:15 AM Body Pump Virtual 9:00 AM Yin Yoga -Soar &amp; Restore Christina <b>NO 9:00 AM Low Impact Aerobics</b> 9:00AM Cycle &amp; Trivia Randy <b>NO 10:00 AM Silver Sneakers</b> 10:00 AM Yoga Christina 11:00 AM Beginner Yoga Christina 12:15 Pilates Virtual 5:30 PM Interval Training Jamie 6:30 PM Total Body for All Myra 6:30PM Power Yoga Abby</p>
<p><b>FRIDAY December 27</b></p> <p>9:00 AM Yoga Wall/Yoga Lorie 9:00 AM Body Pump Virtual <b>NO 10:25 AM Senior Chair Yoga</b> 11:15 AM Room Reserved for Y Dance 12:15 PM Lower Body Band Workout Brittany 5:30 PM Yoga Wall Dana</p>	<p><b>SATURDAY December 28</b></p> <p>8:15 AM Old School Step Rhonda 9:00 AM Boot Camp Daneille 9:00 AM Cycle Adam 10:00 AM Body Pump Virtual 11:00 AM Room Reserved for Y Dance</p>

**NO GROUP EXERCISE CLASSES NEW YEAR'S EVE AND NEW YEAR'S DAY**  
**Y HOURS ARE 5AM-3PM**

**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