

RANDOLPH-ASHEBORO YMCA EXERCISE CLASS SCHEDULE

FOR YOUTH DEVELOPMENT® FOR HEALTHY LIVING FOR SOCIAL RESPONSIBILITY

9:00 AM Interval Training Amy Body Pump Live Betsy 9:00 AM Abs-Buns-Cycle Jamie 10:00 AM Yoga Abby 10:00 AM Silver Sneakers Robin/Stephanie 11:15 AM Pilates Kathy 10:00 AM Sow 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 5:30 PM Step & Stretch Rhonda 6:30 PM Total Body for All Myra 5:30 PM Yoga Connie THURSDAY December 10 Silver Sneakers Robin/Stephanie 10:00 AM Pilates Jen 9:00 AM Pilates Christina 9:00 AM Interval Training Amy 9:00 AM Interval Training Amy 9:00 AM Cycle & Trivia Randy 11:15 AM Beginning Line Dance Susan A 10:00 AM Silver Sneakers Karen 11:15 AM Beginning Line Dance Susan A 10:00 AM Silver Sneakers Karen 11:15 AM Barre Class Lesley 10:00 AM Silver Sneakers Karen 11:00 AM Barre Class Lesley 10:00 AM Silver Sneakers Karen 11:00 AM Barre Class Lesley 10:00 AM Silver Sneakers Karen 11:00 AM Beginner Yoga Chirstina 12:15 PM Cycle Adam 5:30 PM Interval Training Jamie 11:00 AM Beginner Yoga Chirstina 12:15 PM Cycle Adam 5:30 PM Interval Training Jamie 11:00 AM Beginner Yoga Chirstina 12:15 PM Yoga Kathy Silver Sneakers Robin Total Body for All Myra 6:30 PM Total Body for All Myra 6:30 PM Total Body For All Myra 10:15 AM Body Pump Live Betsy 10:25 AM Chair Stretch & Balance Virginia 11:15 AM Batin Dance & HippHop Mix Pieng NO 12:15PM Lower Body Band Workout	MONDAY December 8						TUESDAY December	9	
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 Advanced Line Dance Susan A 5:30 PM Kick-Box-45 Minutes Rhonda 12:15 PM Interval Training Becca 5:30 PM Cycle Adam 5:30 PM Step & Stretch Rhonda 6:30 PM Total Body for All Myra 5:30 PM Yoga Nicole 6:00 PM Abs-Buns-Cycle Danielle 6:30 PM Line Dance Starla No 6:30 PM Line Dance Starla No 6:30 PM Line Dance Starla No 6:30 PM Yoga Connie THURSDAY December 10 Si15 AM Pilates Jen 5:15 AM Interval Training Jen 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 9:00 AM Low Impact Aerobics Karen 11:15 AM Beginning Line Dance Susan A 10:00 AM Silver Sneakers Karen 11:15 AM Barre Class Lesley 10:00 AM Yoga Christina 12:15 PM Women & Weights Jamie 11:00 AM Beginner Yoga Christina 12:15 PM Cycle Heather 12:15 PM Pilates Robin 5:30 PM Total Body for All Myra 6:30 PM Total Body Pump Live Betsy 10:25 AM Chair Stretch & Balance Virginia 11:15 AM Body Pump Live Betsy 10:25 AM Chair Stretch & Balance Virginia 11:15 AM Latin Dance & HipHop Mix Pieng NO 12:15PM Lower Body Band Workout	5:15 AM	Cycle	Jen		5:15 AM		Bootcamp-Gym		Jen
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lacksquare	5:30 PM	Yoga Wall		Mary V.					

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