



# RANDOLPH-ASHEBORO YMCA

## EXERCISE CLASS SCHEDULE

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

<p><b>MONDAY February 26</b></p> <p>5:15 AM Cycle Jen 9:00 AM Interval Training Amy 10:15 AM Body Pump Live Bestsy 10:00 AM Yoga Abby <b>11:00 AM Beginner Yoga-NEW!</b> Abby 12:15 PM Cycle Heather 5:30 PM 45 Min Kick-Box Rhonda 5:30 PM Cycle Adam 6:30 PM Yoga Rhonda 6:30 PM Total Body for All Myra</p>	<p><b>TUESDAY February 27</b></p> <p>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 Rhonda 5:30 PM Yoga Nicole <b>5:30 PM 30 Minute Beginner Cycle-NEW!</b> Danielle 6:00 PM Abs-Buns-Cycle Danielle 6:30 PM Yoga Connie</p>
<p><b>WEDNESDAY February 28</b></p> <p>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 Shay/Adriane 6:30 PM Yoga Scarlet</p>	<p><b>THURSDAY February 29</b></p> <p>5:15 AM Interval Training Jen <b>9:00 AM PiYo-NEW!</b> Christina 9:00 AM Low Impact Aerobics Karen 9:00AM Cycle &amp; Trivia Randy 10:00 AM Silver Sneakers Karen 10:00 AM Yoga Christina <b>11:00 AM Beginner Yoga-NEW!</b> Christina 12:15 PM Pilates Robin 5:30 PM 45 Min. HIIT Jamie 6:30 PM Total Body for All Myra 6:30PM Power Yoga Abby</p>
<p><b>FRIDAY March 1</b></p> <p>9:00 AM Yoga Wall/Yoga Lorrie R 9:00 AM Abs-Buns-Cycle Jamie 9:00 AM Body Pump Live Betsy 10:30 AM Senior Chair Yoga Virginia 11:15 AM Room Reserved for Y Dance 5:30 PM Yoga Wall Dana</p>	<p><b>SATURDAY March 2</b></p> <p>8:15 AM Total Body Workout Myra 9:00 AM BootCamp – It’s Back! Jen 9:00 AM Cycle Adam 10:00 AM Body Pump Virtual 11:00 AM Room Reserved for Y Dance</p>
<p><b>BRING YOUR OWN YOGA MAT</b> Mats available for purchase at the Front Desk \$20</p>	

**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-Tuesday-Thursday 10:00AM 12:15PM 4:30PM 6:00PM

Wednesday 10:00AM 12:15PM 5:00 PM 6:00 PM

Friday 10:00AM 12:15PM 5:30PM

**Supervised Teen Center:** Monday-Thursday 4:30-7:30pm Ages 7 and up **Nursery Hours: Sunday 1-3pm**  
Mon-Fri 8:30am-1:15pm Sat 8:00am-12 noon Mon-Thurs 4:00pm-8:00pm Fri-4:00pm-7:00pm