



RANDOLPH-ASHEBORO YMCA EXERCISE CLASS SCHEDULE

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

<p>MONDAY January 17</p> <p>5:15 AM Cycle Jen 9:00 AM Interval Training Amy 10:15 AM Body Pump Live NEW! Betsy 10:00 AM Slow Flow Vinyasa Liz 12:15 PM Cycle Heather 5:30 PM 45 Min. HIIT Abbey 5:30 PM Cycle Adam 6:30 PM Yoga Lorrie G 6:30 PM 20/20/20 Cardio-Tone-Abs Myra</p>	<p>TUESDAY January 18</p> <p>5:15 AM Bootcamp-Gym Jen 9:00 AM Low Impact Aerobics Jamie 9:00 AM Abs-Buns-Cycle Danielle 10:00 AM Slow Flow Yoga Lesley 11:15 AM Line Dance Susan A 12:15 PM Interval Training Penny 5:30 PM Dance Club Ilesha 5:30 PM Yoga For All/Beginners-Interm. Nicole 6:30 PM Yoga Connie</p>
<p>WEDNESDAY January 19</p> <p>8:05 AM Pilates Mary/Jean 9:00 AM Slow Flow Yoga Mary/Jean 9:00 AM Interval Training Amy 11:15 AM Line Dance Susan A 12:15 PM Cycle Heather 5:30 PM Cycle Adam 5:30 PM Hip Hop Ilesha 6:30 PM Yoga Scarlet</p>	<p>THURSDAY January 20</p> <p>5:15 AM Interval Training Jen 9:00 AM Low Impact Aerobics Karen 9:00 AM Cycle Amy 10:00 AM Silver Sneakers Karen 10:00 AM Slow Flow Vinyasa Liz 12:15 PM Interval Training Penny 5:30 PM 45 Min. HIIT Abbey 6:30 PM 20/20/20 Cardio-Tone-Abs Myra 7:30 PM Night Owl Yoga Lorrie G</p>
<p>FRIDAY January 21</p> <p>8:30 AM Yoga Lorie R 9:00 AM Body Pump Live Betsy 9:00 AM Cycle Jamie 10:15 AM Senior Chair Yoga Virginia 11:00 AM Zumba Gold Ilesha 5:30 PM Yoga Wall Mary V.</p>	<p>SATURDAY January 22</p> <p>8:00 AM Boot Camp -Gym Jen 9:00 AM Cycle Adam 9:00 AM Yoga Lydia/Dana 10:00-10:45 Body Pump Virtual-45 minutes 11:00 AM Hip Hop Ilesha</p> <p>BRING YOUR OWN YOGA MAT Mats available for purchase at the Front Desk</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

Youth BeastMode Ages 10-14 Wed. 4:00 PM

All BeastMode classes held in the BeastMode Box Functional Training Center

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