



# RANDOLPH-ASHEBORO YMCA

## EXERCISE CLASS SCHEDULE

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

<p align="center"><b>MONDAY July 15</b></p> <p>5:15 AM Cycle Jen 9:00 AM Interval Training Amy 10:15 AM Body Pump Live Betsy 10:00 AM Yoga Lorie 11:00AM Yoga-Beginner Friendly Lorie 12:15 PM Cycle Heather 5:30 PM Kick-Box-45 Minutes Rhonda 5:30 PM Cycle Adam 6:30 PM Yoga-45 Minutes Rhonda 6:30 PM Total Body for All Myra</p>			<p align="center"><b>TUESDAY July 16</b></p> <p>5:15 AM Bootcamp-Gym Jen 9:00 AM Low Impact Aerobics Karen 9:00 AM Abs-Buns-Cycle Adam 10:00 AM Silver Sneakers Karen 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 <b>NO 5:30 PM Yoga</b> 6:00 PM Abs-Buns-Cycle Danielle 6:30 PM Yoga Connie</p>		
<p align="center"><b>WEDNESDAY July 17</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 Kylie/Shay/Adrienne 6:30 PM Yoga Scarlet</p>			<p align="center"><b>THURSDAY July 18</b></p> <p>5:15 AM Interval Training Jen 9:00 AM Yin Yoga -Soar &amp; Restore Christina 9:00 AM Low Impact Aerobics Karen 9:00AM Cycle &amp; Trivia Randy 10:00 AM Silver Sneakers Pam 10:00 AM Yoga Christina 11:00 AM Beginner Yoga Christina 12:15 PM Pilates Robin 5:30 PM Interval Training Jamie 6:30 PM Total Body for All Myra <b>NO 6:30PM Power Yoga</b></p>		
<p align="center"><b>FRIDAY July 19</b></p> <p><b>NO 9:00 AM Yoga Wall/Yoga</b> 9:00 AM Abs-Buns-Cycle Jamie 9:00 AM Body Pump Live Betsy 10:25 AM Senior Chair Yoga Virginia 11:15 AM Room Reserved for Y Dance 6:00 PM Yoga Wall Dana</p>			<p align="center"><b>SATURDAY July 20</b></p> <p>8:15 AM Total Body Workout Myra 9:00 AM BootCamp Rhonda 9:00 AM Cycle Adam 10:00 AM Body Pump Virtual 11:00 AM Room Reserved for Y Dance</p>		
<p align="center"><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 - 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 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