



# RANDOLPH-ASHEBORO YMCA

## EXERCISE CLASS SCHEDULE

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

<b>MONDAY July 21</b>			<b>TUESDAY July 22</b>		
5:15 AM	Cycle	Jen	5:15 AM	Bootcamp-Gym	Jen
8:30 AM	Chackra Yoga	Dana	8:30 AM	Healthy Back and Spine	Dana
	<b>NEW SUMMER CLASS</b>			<b>NEW SUMMER CLASS</b>	
9:00 AM	Interval Training	Amy	9:00 AM	Low Impact Aerobics	Karen
10:00 AM	Body Pump Live	Betsy	9:00 AM	Abs-Buns-Cycle	Jamie
10:00 AM	Yoga	Abby	10:00 AM	Silver Sneakers	Robin
11:30 AM	Pilates	Kathy	10:00 AM	Slow Flow Yoga	Lesley
12:15 PM	Cycle	Danielle	11:15 AM	Barre Class	Grayce
5:30 PM	Kick-Box-45 Minutes	Rhonda		<b>NEW SUMMER CLASS</b>	
5:30 PM	Cycle	Adam	11:15 AM	Advanced Line Dance	Susan A
6:30 PM	Yoga	Rhonda	12:15 PM	Interval Training	Heather
6:30 PM	Total Body for All	Myra	<b>4:30-5:15 LEARN THE THRILLER DANCE W/ DANA!</b>		
<b>WEDNESDAY July 23</b>			5:30 PM	Step & Stretch	Rhonda
5:15 AM	Pilates	Jen	5:30 PM	Yoga	Nicole
9:00 AM	Pilates	Christina	6:00 PM	Abs-Buns-Cycle	Danielle
10:00 AM	Slow Flow Yoga	Christina	6:30 PM	Yoga	Connie
9:00 AM	Interval Training	Amy		<b>THURSDAY July 24</b>	
11:15 AM	Beginning Line Dance	Susan A	5:15 AM	Interval Training	Jen
<b>12:15-1:00</b>	<b>6 - WEEK INTRODUCTORY WEIGHT TRIANING WITH JAMIE</b>		9:00 AM	Yin Yoga -Soar & Restore	Christina
12:15 PM	Cycle	Heather	9:00 AM	Low Impact Aerobics	Karen
5:30 PM	Cycle	Adam	9:00AM	Cycle & Trivia	Randy
5:30 PM	Hip Hop	Ashley/Kylie	10:00 AM	Silver Sneakers	Karen
6:00 PM	Yoga	Kathy	10:00 AM	Yoga	Christina
	<b>FRIDAY July 25</b>		11:00 AM	Beginner Yoga	Christina
9:00 AM	Yoga Wall/Yoga	Lorie	12:15 PM	Pilates	Robin
9:00 AM	Body Pump Live	Betsy	5:30 PM	Interval Training	Jamie
10:25 AM	Senior Chair Yoga	Virginia	6:30 PM	Total Body for All	Myra
11:15 AM	Room Reserved for Y Dance			<b>SATURDAY July 26</b>	
<b>NO 12:15PM</b>	<b>Lower Body Band Workout</b>		8:15 AM	Old School Step	Rhonda
5:30 PM	Yoga Wall	Dana	9:00 AM	Boot Camp	Danielle
			9:00 AM	Cycle	Adam
			10:15 AM	Body Pump Virtual	
			11:15 AM	Room Reserved for Y Dance	

**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