



RANDOLPH-ASHEBORO YMCA

EXERCISE CLASS SCHEDULE

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

| | | | | | |
|-------------------------|---|--------------|--|---------------------------|-----------|
| MONDAY July 7 | | | TUESDAY July 8 | | |
| 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 |
| | NEW SUMMER CLASS | | | NEW SUMMER CLASS | |
| 9:00 AM | Interval Training | Amy | 9:00 AM | Low Impact Aerobics | Karen |
| 10:00 AM | Body Pump Virtual | | 9:00 AM | Abs-Buns-Cycle | Jamie |
| 10:00 AM | Yoga | Abby | 10:00 AM | Silver Sneakers | Stephanie |
| 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 | | NEW SUMMER CLASS | |
| 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 | 4:30-5:15 LEARN THE THRILLER DANCE W/ DANA! | | |
| WEDNESDAY July 9 | | | 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 | THURSDAY July 10 | | |
| 11:15 AM | Beginning Line Dance | Susan A | 5:15 AM | Interval Training | Jen |
| 12:15-1:00 | 6 - WEEK INTRODUCTORY WEIGHT TRIANING WITH JAMIE | | 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 |
| FRIDAY July 11 | | | 11:00 AM | Beginner Yoga | Christina |
| 9:00 AM | Yoga Wall/Yoga | Lorie | 12:15 PM | Pilates | Dana |
| 9:00 AM | Body Pump Virtual | | 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 | | SATURDAY July 12 | | |
| 12:15PM | Lower Body Band Workout | Brittany | 8:15 AM | Old School Step | Rhonda |
| 5:30 PM | Yoga Wall | Dana | 9:00 AM | Boot Camp | Julie |
| | | | 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