



# RANDOLPH-ASHEBORO YMCA

## EXERCISE CLASS SCHEDULE

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

<p><b>MONDAY May 22</b></p> <p>5:15 AM Cycle Jen</p> <p>9:00 AM Interval Training Amy</p> <p>10:15 AM Body Pump Live Betsy</p> <p>10:00 AM Yoga Christina</p> <p>12:15 PM Cycle Heather</p> <p>5:30 PM 45 Min. HIIT Robin</p> <p>5:30 PM Cycle Adam</p> <p>6:30 PM Yoga Rhonda</p> <p>6:30 PM Variety Pack–Total Body for All Myra</p>	<p><b>TUESDAY May 23</b></p> <p>5:15 AM Bootcamp–Gym Jen</p> <p>9:00 AM Low Impact Aerobics Karen</p> <p>9:00 AM Abs–Buns–Cycle Jamie</p> <p>10:00 AM Silver Sneakers Robin</p> <p>10:00 AM Slow Flow Yoga Lesley</p> <p>11:15 AM Line Dance Susan A</p> <p>12:15 PM Interval Training Becca</p> <p>5:30 PM Old–School Step Class! Rhonda</p> <p>5:30 PM Abs–Buns–Cycle Danielle</p> <p>5:30 PM Yoga for All/Beg–Interm Nicole</p> <p>6:30 PM Yoga Connie</p>
<p><b>WEDNESDAY May 24</b></p> <p>9:00 AM Pilates Lesley</p> <p>10:00 AM Slow Flow Yoga Lesley</p> <p>9:00 AM Interval Training Amy</p> <p>11:15 AM Line Dance Susan A</p> <p>12:15 PM Cycle Heather</p> <p>5:30 PM Cycle Adam</p> <p>5:30 PM Hip Hop Shay/Adrienne</p> <p>6:30 PM Yoga Scarlet</p>	<p><b>THURSDAY May 25</b></p> <p>5:15 AM Interval Training Jen</p> <p>9:00 AM Low Impact Aerobics Karen</p> <p>9:00 AM Cycle Amy</p> <p>10:00 AM Silver Sneakers Karen</p> <p>10:00 AM Yoga Christina</p> <p><b>11:00 AM Yin Yoga NEW! Christina</b></p> <p>12:15 PM Interval Training Penny</p> <p>5:30 PM 45 Min. HIIT Ken</p> <p>6:30 PM Variety Pack–Total Body for All Myra</p> <p>7:30 PM Night Owl Yoga Lorrie G</p>
<p><b>FRIDAY May 26</b></p> <p>9:00 AM Yoga Wall/Yoga Lorie R</p> <p>9:00 AM Abs–Buns–Cycle Jamie</p> <p><b>9:00 AM Body Pump Virtual</b></p> <p>10:15 AM Senior Chair Yoga Virginia</p> <p>11:00 AM Room Reserved for Y Group</p> <p>5:30 PM Yoga Wall Dana</p>	<p><b>SATURDAY May 27</b></p> <p><b>No 8:00 AM Class</b></p> <p>9:00 AM Cycle Adam</p> <p>10:00–10:45 Body Pump Virtual–45 minutes</p> <p>11:00 AM Room Reserved for Y Group</p> <p><b>BRING YOUR OWN YOGA MAT</b> 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)**

**Senior Functional Fitness Wed. 1:30–2:30 PM *Registration Required***

*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