



RANDOLPH-ASHEBORO YMCA

EXERCISE CLASS SCHEDULE

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

<p>MONDAY May 26 Memorial Day</p> <p>5:15 AM Cycle Jen</p> <p>NO 9:00 AM Interval Training</p> <p>10:00 AM Body Pump Virtual</p> <p>10:00 AM Yoga Abby</p> <p>11:30 AM Pilates Kathy</p> <p>12:15 PM Cycle Heather</p> <p>NO 5:30 PM Kick-Box-45 Minutes</p> <p>5:30 PM Cycle Adam</p> <p>NO 6:30 PM Yoga</p> <p>6:30 PM Total Body for All Myra</p>	<p>TUESDAY May 27</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</p> <p>10:00 AM Silver Sneakers Karen</p> <p>10:00 AM Slow Flow Yoga Lesley</p> <p>11:15 AM Advanced Line Dance Susan A</p> <p>12:15 PM Interval Training Heather</p> <p>5:30 PM Abs-Buns-Bounce Rhonda</p> <p>5:30 PM Yoga Nicole</p> <p>6:00 PM Abs-Buns-Cycle Danielle</p> <p>6:30 PM Yoga Connie</p>
<p>WEDNESDAY May 28</p> <p>5:15 AM Pilates Jen</p> <p>9:00 AM Pilates Christina</p> <p>10:00 AM Slow Flow Yoga Christina</p> <p>9:00 AM Interval Training Amy</p> <p>11:15 AM Beginning 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 Ashley/Kylie</p> <p>6:00 PM Yoga Kathy</p>	<p>THURSDAY May 29</p> <p>5:15 AM Interval Training Jen</p> <p>9:00 AM Yin Yoga -Soar & Restore Christina</p> <p>9:00 AM Low Impact Aerobics Virtual</p> <p>9:00AM Cycle & Trivia Jamie</p> <p>10:00 AM Silver Sneakers Jamie</p> <p>10:00 AM Yoga Christina</p> <p>11:00 AM Beginner Yoga Christina</p> <p>12:15 PM Pilates Kathy</p> <p>5:30 PM Interval Training Jamie</p> <p>6:30 PM Total Body for All Myra</p>
<p>FRIDAY May 30</p> <p>9:00 AM Yoga Wall/Yoga Lorie</p> <p>9:00 AM Body Pump Virtual</p> <p>10:25 AM Senior Chair Yoga Virginia</p> <p>11:15 AM RSVP for Y Dance</p> <p>12:15PM Lower Body Band Workout Brittany</p> <p>5:30 PM Yoga Wall Dana</p>	<p>SATURDAY May 31</p> <p>8:15 AM Old School Step Rhonda</p> <p>9:00 AM Boot Camp Tracy</p> <p>9:00 AM Cycle Adam</p> <p>10:15 AM Body Pump Virtual</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 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