




# RANDOLPH-ASHEBORO YMCA

## EXERCISE CLASS SCHEDULE

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

 <p>10:15 AM Body Pump Virtual</p> <p>10:00 AM Yoga-Abby N.</p> <p>5:30 PM Cycle-Adam</p> <p>6:30 PM Total Body for All - Myra</p>	<p><b>TUESDAY May 30</b></p> <p><b>NO 5:15 AM Bootcamp-Gym</b></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 Virginia</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 31</b></p> <p>9:00 AM Pilates Christina</p> <p>10:00 AM Slow Flow Yoga Christina</p> <p>9:00 AM Interval Training Becca</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 – <b>Class led</b></p> <p>6:30 PM Yoga Scarlet</p>	<p><b>THURSDAY June 1</b></p> <p>5:15 AM Interval Training Jen</p> <p>9:00 AM Low Impact Aerobics Karen</p> <p>9:00 AM Cycle Jamie</p> <p>10:00 AM Silver Sneakers Karen</p> <p>10:00 AM Yoga Christina</p> <p>11:00 AM Yin Yoga NEW! Christina</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 June 2</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 June 3</b></p> <p><b>No 8:00 AM Class Until Further Notice</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></p> <p>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



**NO Youth BeastMode in June-July-August**

*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