



# RANDOLPH-ASHEBORO YMCA

## EXERCISE CLASS SCHEDULE

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

|                        |                         |              |                        |                          |           |
|------------------------|-------------------------|--------------|------------------------|--------------------------|-----------|
| <b>MONDAY May 5</b>    |                         |              | <b>TUESDAY May 6</b>   |                          |           |
| 5:15 AM                | Cycle                   | Jen          | 5:15 AM                | Bootcamp-Gym             | Jen       |
| 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          | Robin     |
| 11:30 AM               | Pilates                 | Kathy        | 10:00 AM               | Slow Flow Yoga           | Lesley    |
| 12:15 PM               | Cycle                   | Heather      | 11:15 AM               | Advanced Line Dance      | Susan A   |
| 5:30 PM                | Kick-Box-45 Minutes     | Rhonda       | 12:15 PM               | Interval Training        | Becca     |
| 5:30 PM                | Cycle                   | Adam         | 5:30 PM                | Abs-Buns-Bounce          | Rhonda    |
| 6:30 PM                | Yoga                    | Rhonda       | 5:30 PM                | Yoga                     | Nicole    |
| 6:30 PM                | Total Body for All      | Myra         | 6:00 PM                | Abs-Buns-Cycle           | Danielle  |
|                        |                         |              | 6:30 PM                | Yoga                     | Connie    |
| <b>WEDNESDAY May 7</b> |                         |              | <b>THURSDAY May 8</b>  |                          |           |
| 5:15 AM                | Pilates                 | Jen          | <b>NO 5:15 AM</b>      | <b>Interval Training</b> |           |
| 9:00 AM                | Pilates                 | Christina    | 9:00 AM                | Yin Yoga -Soar & Restore | Christina |
| 10:00 AM               | Slow Flow Yoga          | Christina    | 9:00 AM                | Low Impact Aerobics      | Karen     |
| 9:00 AM                | Interval Training       | Amy          | 9:00AM                 | Cycle & Trivia           | Randy     |
| 11:15 AM               | Beginning Line Dance    | Susan A      | 10:00 AM               | Silver Sneakers          | Karen     |
| 12:15 PM               | Cycle                   | Heather      | 10:00 AM               | Yoga                     | Christina |
| 5:30 PM                | Cycle                   | Adam         | 11:00 AM               | Beginner Yoga            | Christina |
| 5:30 PM                | Hip Hop                 | Ashley/Kylie | 12:15 PM               | Pilates                  | Robin     |
| 6:00 PM                | Yoga                    | Kathy        | 5:30 PM                | Interval Training        | Jamie     |
|                        |                         |              | 6:30 PM                | Total Body for All       | Myra      |
| <b>FRIDAY May 9</b>    |                         |              | <b>SATURDAY May 10</b> |                          |           |
| 9:00 AM                | Yoga Wall/Yoga          | Lorie        | 8:15 AM                | Total Body Workout       | Myra      |
| 9:00 AM                | Body Pump Live          | Betsy        | 9:00 AM                | Boot Camp                | Amy       |
| 10:25 AM               | Senior Chair Yoga       | Virginia     | 9:00 AM                | Cycle                    | Adam      |
| 11:15 AM               | RSVP for Y Dance        |              | 10:15 AM               | Body Pump Virtual        |           |
| 12:15PM                | Lower Body Band Workout | Brittany     |                        |                          |           |
| 5:30 PM                | Yoga Wall               | Dana         |                        |                          |           |

**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