



# RANDOLPH-ASHEBORO YMCA

## EXERCISE CLASS SCHEDULE

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

<b>MONDAY November 18</b> 5:15 AM Cycle Jen 9:00 AM Interval Training Amy 10:15 AM Body Pump Live Betsy 10:00 AM Yoga Abby 12:15 PM Cycle Heather 5:30 PM Kick-Box-45 Minutes Rhonda 5:30 PM Cycle Adam 6:30 PM Yoga Rhonda 6:30 PM Total Body for All Myra			<b>TUESDAY November 19</b> 5:15 AM Bootcamp-Gym Jen 9:00 AM Low Impact Aerobics Karen 9:00 AM Abs-Buns-Cycle Robin 10:00 AM Silver Sneakers Robin 10:00 AM Slow Flow Yoga Lesley 11:15 AM Advanced Line Dance Susan A 12:15 PM Interval Training Becca 5:30 PM Old-School Step Class Rhonda 5:30 PM Yoga Niclole 6:00 PM Abs-Buns-Cycle Danielle 6:30 PM Yoga Connie		
<b>WEDNESDAY November 20</b> 5:15 AM Pilates Jen 9:00 AM Pilates Christina 10:00 AM Slow Flow Yoga Christina 9:00 AM Interval Training Amy 11:15 AM Beginning Line Dance Susan A 12:15 PM Cycle Heather 5:30 PM Cycle Adam 5:30 PM Hip Hop Ashley/Kylie 6:30 PM Yoga Dana			<b>THURSDAY November 21</b> 5:15 AM Interval Training Jen 9:00 AM Yin Yoga -Soar & Restore Christina 9:00 AM Low Impact Aerobics Karen 9:00AM Cycle & Trivia Randy 10:00 AM Silver Sneakers Karen 10:00 AM Yoga Christina 11:00 AM Beginner Yoga Christina 12:15 PM Pilates - Virtual 5:30 PM Interval Training Jamie 6:30 PM Total Body for All Myra 6:30PM Power Yoga Abby		
<b>FRIDAY November 22</b> 9:00 AM Yoga Wall/Yoga Lorie 9:00 AM Body Pump Live Betsy 10:25 AM Senior Chair Yoga Virginia 11:15 AM Room Reserved for Y Dance <b>12:15 PM NEW CLASS!</b> <b>Lower Body Band Workout Brittany</b> 5:30 PM Yoga Wall Dana			<b>SATURDAY November 23</b> 8:15 AM Total Body Workout Myra 9:00 AM Boot Camp Tracy 9:00 AM Cycle Adam 10:00 AM Body Pump Virtual 11:00 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