

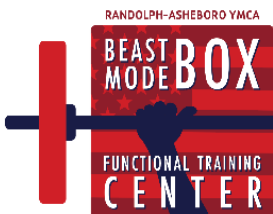


RANDOLPH-ASHEBORO YMCA

EXERCISE CLASS SCHEDULE

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

<p>MONDAY November 20</p> <p>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 45 Min. HIIT Abbey G 5:30 PM Cycle Adam 6:30 PM Yoga Rhonda</p> <p>NO 6:30 PM Total Body Tonight!</p>	<p>TUESDAY November 21</p> <p>5:15 AM Bootcamp-Gym Jen 9:00 AM Low Impact Aerobics Karen 9:00 AM Abs-Buns-Cycle Jamie 10:00 AM Silver Sneakers Robin 10:00 AM Slow Flow Yoga Lesley 11:15 AM Line Dance Susan A 12:15 PM Interval Training Becca 5:30 PM Old-School Step Class Rhonda</p> <p>NO 5:30 PM Yoga Tonight!</p> <p>6:00 PM Abs-Buns-Cycle Danielle 6:30 PM Yoga Connie</p>
<p>WEDNESDAY November 22</p> <p>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 Line Dance Susan A 12:15 PM Cycle Heather 5:30 PM Cycle Adam</p> <p>NO 5:30 PM Hip Hop Tonight! NO 6:30 PM Yoga Tonight! NO 6:30 PM 45 Min HIIT Tonight!</p>	<p>THE Y IS CLOSED FOR THANKSGIVING</p>
<p>FRIDAY November 24</p> <p>Y HOURS 5:00 AM-3:00 PM TODAY!</p> <p>9:00 AM Yoga Wall/Yoga Lorrie R</p> <p>NO 9:00 AM Abs-Buns-Cycle Today!</p> <p>9:00 AM Body Pump Virtual</p> <p>NO 10:15 AM Senior Chair Yoga Today!</p> <p>11:00 AM Room Reserved for Y Dance</p> <p>NO 5:30 PM Yoga Wall Tonight!</p>	<p>SATURDAY November 25</p> <p>8:15-9AM Total Body Workout Myra 9:00 AM Cycle Adam 10:00 AM Body Pump Virtual 11:00 AM Room Reserved for Y Dance</p> <p>BRING YOUR OWN YOGA MAT Mats available for purchase at the Front Desk</p>



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

All BeastMode classes held in the BeastMode Functional Training Center

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!

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