




# RANDOLPH-ASHEBORO YMCA

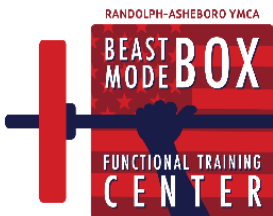
## EXERCISE CLASS SCHEDULE

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

<p><b>MONDAY November 21</b></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 N            12:15 PM Cycle Heather            5:30 PM 45 Min. HIIT Abbey G            5:30 PM Cycle Adam            6:30 PM Yoga Lorrie G            6:30 PM 20/20/20 Cardio-Tone-Abs Myra</p>	<p><b>TUESDAY November 22</b></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 Maxine            10:00 AM Slow Flow Yoga Lesley            11:15 AM Line Dance Susan A            12:15 PM Interval Training Beccca            5:30 PM Kick-Box Rhonda            5:30 PM Abs-Buns-Cycle Danielle            No 5:30 PM Yoga Tonight!            6:30 PM Yoga Connie</p>
<p><b>WEDNESDAY November 23</b> <b>HOLIDAY SCHEDULE</b></p> <p>9:00 AM Interval Training Amy            12:15 PM Cycle Heather            5:30 PM Cycle Adam            5:30 PM Hip Hop Shay/Adrienne</p>	<p><b>THURSDAY NOVEMBER 24 CLOSED</b></p> 
<p><b>FRIDAY November 25</b> <b>Y HOURS 5AM-3PM</b> <b>HOLIDAY SCHEDULE</b></p> <p>9:00 AM Yoga Lorie R            9:00 AM Body Pump Live Betsy            10:15 AM Senior Chair Yoga Maxine            11:00 AM Room Reserved for Y Group</p>	<p><b>SATURDAY November 26</b></p> <p>8:00 AM Boot Camp-Gym Rhonda            9:00 AM Cycle Adam            10:00-10:45 Body Pump Virtual-45 minutes            11:00 AM Room Reserved for Y Group</p> <p><b>BRING YOUR OWN YOGA MAT</b> 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

Youth BeastMode Ages 10-14 Wed. 4:00 PM- **NO YOUTH BEASTMODE**

*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