



RANDOLPH-ASHEBORO YMCA

EXERCISE CLASS SCHEDULE

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MONDAY November 24 5:15 AM Cycle Jen 9:00 AM Interval Training Amy 10:00 AM Body Pump Live Betsy 9:00 AM Yoga Abby 11:15 AM Pilates Kathy 12:15 PM Cycle Danielle 5:30 PM Kick-Box-45 Minutes Rhonda 5:30 PM Cycle Adam No 6:30 PM Total Body Workout	TUESDAY November 25 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/Stephanie 10:00 AM Slow Flow Yoga Kathy 11:15 AM Advanced Line Dance Susan A 12:15 PM Interval Training Becca 5:30 PM Step & Stretch Rhonda 5:30 PM Yoga Nicole 6:00 PM Abs-Buns-Cycle Danielle 6:30 PM Line Dance Starla 6:30 PM Yoga Connie
WEDNESDAY November 26 No 5:15 AM Pilates No 9:00 AM Pilates No 10:00 AM Slow Flow Yoga 9:00 AM Interval Training Amy No 11:15 AM Beginning Line Dance No 11:15 AM Barre Class 12:15 PM Women & Weights Jamie 12:15 PM Cycle Heather 5:30 PM Cycle Adam 5:30 PM Hip Hop Ashley/Kylie No 6:00 PM Yoga	THURSDAY November 27 Y is Closed 
FRIDAY November 28 Y Hours 5am-3pm 9:00 AM Yoga Wall/Yoga Lorie 9:00 AM Body Pump Virtual No 10:25 AM Senior Chair Yoga No 11:15 AM Dance 12:15PM Lower Body Band Workout Brittany No 5:30 PM Yoga Wall	SATURDAY November 29 8:15 AM Old School Step Rhonda 9:00 AM Cycle Adam 10:15 AM Body Pump Virtual

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