



# RANDOLPH-ASHEBORO YMCA

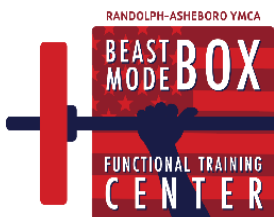
## EXERCISE CLASS SCHEDULE

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

<p><b>MONDAY November 27</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 12:15 PM Cycle Heather 5:30 PM 45 Min. Kick-Box Rhonda 5:30 PM Cycle Adam 6:30 PM Yoga Rhonda 6:30 PM Variety Pack–Total Body for All Myra</p>	<p><b>TUESDAY November 28</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 Karen 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 5:30 PM Yoga Nicole 6:00 PM Abs–Buns–Cycle Danielle 6:30 PM Yoga Connie</p>
<p><b>WEDNESDAY November 29</b></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 5:30 PM Hip Hop - 45 Min. Shay/Adrienne 6:30 PM 45 Min HIIT Abbey G 6:30 PM Yoga Scarlet</p>	<p><b>THURSDAY November 30</b></p> <p>5:15 AM Interval Training Jen 9:00 AM Low Impact Aerobics Karen 9 AM Cycle Randy 10:00 AM Silver Sneakers Karen 10:00 AM Yoga Christina 11:00 AM Yin–Yoga Stretch &amp; Strength Christina 12:15 PM Pilates 5:30 PM 45 Min. HIIT Jamie 6:30 PM Variety Pack–Total Body for All Myra 6:30PM Power Yoga NEW! Abby</p>
<p><b>FRIDAY December 1</b></p> <p>9:00 AM Yoga Wall/Yoga Lorrie R 9:00 AM Abs–Buns–Cycle Jamie 9:00 AM Body Pump Live Betsy 10:15 AM Senior Chair Yoga Virginia 11:00 AM Room Reserved for Y Dance 5:30 PM Yoga Wall Dana</p>	<p><b>SATURDAY December 2</b></p> <p>8:15–9AM Old School Step Class Rhonda 9:00 AM Cycle Adam 10:00 AM Body Pump Virtual 11:00 AM Room Reserved for Y Dance</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

*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