



RANDOLPH-ASHEBORO YMCA

EXERCISE CLASS SCHEDULE

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

<p>MONDAY November 29</p> <p>5:15 AM Cycle Jen 9:00 AM Interval Training Amy 10:00 AM Slow Flow Vinyasa Lesley 12:15 PM Cycle Heather 4:00 PM Body Pump Virtual 5:30 PM 45 Min. HIIT Abbey 5:30 PM Cycle Adam 6:30 PM Yoga Dana 6:30 PM 20 Minute ABS Myra 7:00 PM Low Impact Aerobics Myra</p>	<p>TUESDAY November 30</p> <p>5:15 AM Bootcamp-Gym Jen 9:00 AM Low Impact Aerobics Jamie 9:00 AM Abs-Buns-Cycle Danielle 10:00 AM Slow Flow Yoga Lesley 11:15 AM Line Dance Susan A 12:15 PM Interval Training Penny 4:00 PM Body Pump Virtual 5:30 PM Dance Club Ilesha 5:30 PM Beginning Yoga Nicole 6:30 PM Yoga Connie</p>
<p>WEDNESDAY December 1</p> <p>8:05 AM Pilates Mary/Jean 9:00 AM Slow Flow Yoga Mary/Jean 9:00 AM Interval Training Amy 11:15 AM Line Dance Susan A 12:15 PM Cycle Heather 4:00 PM Body Pump Virtual 5:30 PM Cycle Adam 5:30 PM Hip Hop Ilesha 6:30 PM Yoga Scarlet</p>	<p>THURSDAY December 2</p> <p>5:15 AM Interval Training Jen 6:30 AM Early Bird Yoga Lydia 9:00 AM Low Impact Aerobics Karen 9:00 AM Cycle Amy 10:00 AM Silver Sneakers Karen 10:00 AM Slow Flow Vinyasa Lesley 12:15 PM Interval Training Penny 4:00 PM Body Pump Virtual 5:30 PM 45 Min. HIIT Abbey 6:30 PM 20/20/20 Cardio-Tone-Abs Myra 7:30 PM Night Owl Yoga Lorrie G</p>
<p>FRIDAY December 3</p> <p>8:30 AM Yoga Lorie R 9:00 AM Body Pump Live Betsy 9:00 AM Cycle Jamie 10:15 AM Senior Chair Yoga Virginia 11:00 AM Zumba Gold Ilesha 4:00 PM Body Pump Virtual 5:30 PM Yoga Wall Mary V.</p>	<p>SATURDAY December 4</p> <p>8:00 AM Boot Camp Jen 9:00 AM Cycle Adam 10:00-10:45 Body Pump Virtual-45 minutes 11:00 AM Hip Hop Ilesha</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

Mon, Tues, Thurs, Fri
12:15 PM 4:30 PM 6:00 PM
Wednesday 5:00 PM 6:00 PM

Youth BeastMode Ages 10-14 Wednesdays 4:00 PM

All BeastMode classes held in the
BeastMode Box Functional Training Center

SATURDAY YOGA
DECEMBER 11 & 18 9:00AM

BRING YOUR OWN YOGA MAT
Mats available for purchase
at the Front Desk

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