



# RANDOLPH-ASHEBORO YMCA

## EXERCISE CLASS SCHEDULE

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

<p><b>MONDAY October 11</b></p> <p>5:15 AM Cycle Jen  <b>9:00 AM YOGA FLOW-NEW! Lesley</b>            9:00 AM Interval Training Amy            10:00 AM Slow Flow Vinyasa Liz            12:15 PM Cycle Heather            5:30 PM 45 Min. HIIT Abbey            5:30 PM Cycle Adam            5:30 PM Yoga Lorrie G.            6:30 PM 20 Minute ABS Myra            7:00 PM Low Impact Aerobics Myra</p>	<p><b>TUESDAY October 12</b></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 Dana            11:15 AM Line Dance Susan A            12:15 PM Interval Training Penny            5:30 PM Dance Club Ilesha            5:30 PM Beginning Yoga Nicole            6:30 PM Yoga Connie</p>
<p><b>WEDNESDAY October 13</b></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            5:30 PM Cycle Adam            5:30 PM Hip Hop Ilesha            6:30 PM Yoga Scarlet</p>	<p><b>THURSDAY October 14</b></p> <p>5:15 AM Interval Training Jen            6:30 AM Flow &amp; Yin 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 Liz            12:15 PM Interval Training Penny            5:30 PM 45 Min. HIIT Abbey            6:30 PM 20 Minute ABS Myra            7:00 PM Low Impact Aerobics Myra            7:30 PM Night Owl Yoga Lorrie G</p>
<p><b>FRIDAY October 15</b></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            5:30 PM Yoga Wall Mary V.</p>	<p><b>SATURDAY October 16</b></p> <p>8:00 AM Boot Camp-Gym 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

Monday—Friday  
 12:15PM  
 4:30 PM  
 6:00 PM

Youth BeastMode Class Ages 10-14

Wednesdays 3:00 PM

All BeastMode classes held in the  
 BeastMode Box Functional Training Center

**NEW YOGA FLOW CLASS!**  
 Monday 9:00 AM w/ Lesley

**SATURDAY YOGA**  
 OCTOBER 9 & 23 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