



# RANDOLPH-ASHEBORO YMCA

## EXERCISE CLASS SCHEDULE

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

<p><b>MONDAY September 27</b></p> <p>5:15 AM Cycle Jen 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 September 28</b></p> <p>5:15 AM Bootcamp-Gym Jen 9:00 AM Low Impact Aerobics Jamie 9:00 AM Abs-Buns-Cycle Danielle <b>10:00 AM Silver Sneakers Karen</b> 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 Iesha 5:30 PM Beginning Yoga Nicole 6:30 PM Yoga Connie</p>
<p><b>WEDNESDAY September 29</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 Iesha 6:30 PM Yoga Scarlet</p>	<p><b>THURSDAY September 30</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 <b>No 10:00 AM Silver Sneakers Today!</b> 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 1</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 Iesha 5:30 PM Yoga Wall Mary V.</p>	<p><b>SATURDAY October 2</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 Iesha</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

**50 DAYS OF FITNESS  
CHALLENGE**  
**SATURDAY YOGA**  
**SEPTEMBER 11 & 25 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