



# RANDOLPH-ASHEBORO YMCA

## EXERCISE CLASS SCHEDULE

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

| <b>MONDAY January 19</b>       |                         |           | <b>TUESDAY January 20</b>  |                          |                 |
|--------------------------------|-------------------------|-----------|----------------------------|--------------------------|-----------------|
| 5:15 AM                        | Cycle                   | Jen       | 5:15 AM                    | Bootcamp-Gym             | Jen             |
| 9:00 AM                        | Interval Training       | Amy       | 9:00 AM                    | Low Impact Aerobics      | Karen           |
| 10:00 AM                       | Body Pump Live          | Betsy     | 9:00 AM                    | Abs-Buns-Cycle           | Jamie           |
| 9:00 AM                        | Yoga                    | Abby      | 10:00 AM                   | Silver Sneakers          | Robin/Stephanie |
| 11:15 AM                       | Pilates                 | Kathy     | 10:00 AM                   | Slow Flow Yoga           | Kathy           |
| 12:15 PM                       | Cycle                   | Danielle  | 11:15 AM                   | Advanced Line Dance      | Susan A         |
| 5:30 PM                        | Kick-Box-45 Minutes     | Rhonda    | 12:15 PM                   | Interval Training        | Becca           |
| 5:30 PM                        | Cycle                   | Adam      | 5:30 PM                    | Step & Stretch           | Rhonda          |
| 6:30 PM                        | Total Body for All      | Myra      | 5:30 PM                    | Yoga                     | Nicole          |
|                                |                         |           | 5:30 PM                    | Abs-Buns-Cycle           | Danielle        |
|                                |                         |           | 6:30 PM                    | Line Dance               | Starla          |
|                                |                         |           | 6:30 PM                    | Yoga                     | Connie          |
| <b>WEDNESDAY January 21</b>    |                         |           | <b>THURSDAY January 22</b> |                          |                 |
| 5:15 AM                        | Pilates                 | Jen       | 5:15 AM                    | Interval Training        | Jen             |
| 9:00 AM                        | Pilates                 | Christina | 9:00 AM                    | Yin Yoga -Soar & Restore | Christina       |
| 10:00 AM                       | Slow Flow Yoga          | Christina | 9:00 AM                    | Low Impact Aerobics      | Karen           |
| 9:00 AM                        | Interval Training       | Amy       | 9:00AM                     | Cycle & Trivia           | Randy           |
| 11:15 AM                       | Beginning Line Dance    | Susan A   | 10:00 AM                   | Silver Sneakers          | Karen/Stephanie |
| <b>No 11:15 AM Barre Class</b> |                         |           | 10:00 AM                   | Yoga                     | Christina       |
| 12:15 PM                       | Women & Weights         | Jamie     | 11:00 AM                   | Beginner Yoga            | Christina       |
| 12:15 PM                       | Cycle                   | Heather   | 12:15 PM                   | Pilates                  | Robin           |
| 5:30 PM                        | Cycle                   | Adam      | 5:30 PM                    | Interval Class           | Julie/Tracy     |
| 5:30 PM                        | Hip Hop                 | Ashley    | 6:30 PM                    | Total Body for All       | Myra            |
| 6:00 PM                        | Yoga                    | Kathy     |                            |                          |                 |
| <b>FRIDAY January 23</b>       |                         |           | <b>SATURDAY January 24</b> |                          |                 |
| 9:00 AM                        | Yoga Wall/Yoga          | Lorie     | 8:15 AM                    | Old School Step          | Rhonda          |
| 9:00 AM                        | Body Pump Live          | Betsy     | 9:00 AM                    | Cycle                    | Adam            |
| 10:25 AM                       | Chair Stretch & Balance | Virginia  | 10:15 AM                   | Body Pump Virtual        |                 |
| 12:15PM                        | Lower Body Band Workout | Brittany  |                            |                          |                 |
| 5:30 PM                        | Yoga Wall               | Dana      |                            |                          |                 |

**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!



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