



RANDOLPH-ASHEBORO YMCA

EXERCISE CLASS SCHEDULE

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MONDAY January 19			TUESDAY January 20		
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
WEDNESDAY January 21			THURSDAY January 22		
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
No 11:15 AM Barre Class			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			
FRIDAY January 23			SATURDAY January 24		
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