

RANDOLPH ASHEBORO YMCA



GROUP EXERCISE STUDIO

Effective February 2012

MONDAY

TIME	CLASS	INST
5:45-6:15A	KETTLEBELL	BETH
8:15-8:55A	BODY FOR LIFE EXPRESS <i>REGISTRATION REQUIRED</i>	REBECCA
9:00-9:55A	CARDIO KICK BOX	ERIN
11:15A-12:00	LINE DANCE*	SUSAN
12:15-1:00P	KETTLEBELL	JAMIE
4:30-5:25P	BOOTCAMP	JEN
5:30-6:25P	ABC Abs-Buns-Cardio	VICKIE
6:30-7:00P	KETTLEBELL	ROBIN
7:05-8:05P	BODY FOR LIFE <i>REGISTRATION REQUIRED</i>	JAROD

TUESDAY

TIME	CLASS	INST
5:45-6:45A	STEP/SCULPT	SALLY
9:00-9:55A	LOW IMPACT AERO*	MARY
10:00-10:55A	SILVER SNEAKERS*	AMY
11:00A-12:00	TAI CHI	JOAN
12:15-1:00P	KETTLEBELL	AMY
4:00-4:30P	TOTAL ABS	JEN
5:30-6:25P	CARDIO KICK BOX	Week 1 & 3RHONDA Week 2 & 4MARIA
6:30-7:00P	INTRO TO ZUMBA*	MARIA
7:05-7:45P	LOW IMPACT AERO*	MYRA

WEDNESDAY

TIME	CLASS	INST
5:45-6:15A	KETTLEBELL	JULIE G
8:15-8:55A	BODY FOR LIFE EXPRESS <i>REGISTRATION REQUIRED</i>	REBECCA
9:00-9:55A	BOOTCAMP	AMY
4:30-5:15 P	KETTLEBELL	JEN
5:30-6:25 P	ZUMBA	MARIA
7:05-8:00P	BODY FOR LIFE <i>REGISTRATION REQUIRED</i>	JAROD

SIGN UP AT THE FRONT DESK 30 MIN AHEAD
OF CLASS TIME FOR KETTLEBELL

ZUMBA (*Suitable for beginners)

Monday 9:00-9:55AM Zumba (Mind/BodyStudio)*

Tuesday 6:30-7:0PM Intro to Zumba*

Wednesday 9:30-10:00AM Zumba (Mind/BodyStudio)*

Wednesday 5:30-6:30PM Zumba

Friday 9:00-10:10AM Zumba

2nd & 4th Saturday 9:00-10:00AM Zumba

*Classes suitable for beginners

Modifications can be made for different fitness levels in most classes.

Please let the instructor know if it is your first time in class and they will be glad to help make the class type fit your needs.

It is recommended to consult your physician before starting an exercise program.

THURSDAY

TIME	CLASS	INST
5:45-6:45A	BOOTCAMP	SALLY
8:30-8:55A	KETTLEBELL	ERIN
9:00-9:55A	LOW IMPACT AERO*	KAREN
10:00-11:00A	SILVER SNEAKERS	KAREN
11:00-12:00	SILVER SNEAKERS	KAREN
12:15-1:00P	KETTLEBELL	JAMIE
4:30-5:25P	J.A.B.	JEN
5:30-6:15P	JUMP.ABS.BOX	
	GREAT BEGINNINGS* WEEK 1 & 3 STEP WEEK 2 & 4 SIMPLY STRENGTH	MYRA
6:30-7:00P	KETTLEBELL	KEN
7:05-7:45P	SIMPLE STEP*	MYRA

FRIDAY

TIME	CLASS	INST
5:45-6:45A	INSTRUCTORS CHOICE	JESSICA
9:00-10:10A	ZUMBA	MARIA
10:15-11:00A	SILVER SNEAKERS*	LISA
4:30-5:15P	KETTLEBELL	JEN

SATURDAY

TIME	CLASS	INST
8:05-8:55A	BOOTCAMP	BRANDON
9:00-10:00A	INSTRUCTORS CHOICE	
	Week1 ABC Abs-Buns-Cardio	RHONDA
	Week 2 ZUMBA	JULIE
	Week 3 ABC Abs-Buns-Cardio	RHONDA
	Week 4 ZUMBA	JULIE
11:00-12:00	TAI CHI	JOAN

SUPER SUNDAY

1:15-2:15P	INSANE INTERVALS	BRANDON/JEN
	COMBINATION OF CARDIO/CYLE/STRENGTH	
2:30-3:15P	GREAT BEGINNINGS VARIETY PACK*	MYRA

SILVER SNEAKERS

Tuesday & Thursday 10:00-10:55 AM

Thursday 11:00-12:00 (Begins Feb. 9)

Friday 10:15-11:00AM