

**RANDOLPH
ASHEBORO
YMCA**



**INDOOR CYCLE
STUDIO
February 2012**

MONDAY		
TIME	CLASS	INST
6:15-6:45A	CYCLE	KATHY
5:30-6:00P	CYCLE	AMY
6:15-6:45p	INTRO TO CYCLE	AMY

THURSDAY		
TIME	CLASS	INST
9:00-10:00A	CYCLE	AMY
5:30-6:30P	CYCLE	VICKIE/ADAM

TUESDAY		
TIME	CLASS	INST
9:00-10:00A	CYCLE	ROBIN
4:30-5:30P	CYCLE	JEN
6:30-7:00P	CYCLE	KEN

FRIDAY		
TIME	CLASS	INST
9:00-10:00A	ABC Abs-Buns-Cardio	RHONDA
5:30-6:15P	CYCLE & ABS	ADAM/KEN

WEDNESDAY		
TIME	CLASS	INST
6:15-6:45A	CYCLE	JULIE G
5:30-6:00P	CYCLE	AMY
7:30-8:30P	BODY FOR LIFE CYCLE REGISTRATION REQUIRED	JAROD

SATURDAY			
TIME	CLASS	ROOM	INST
9:00a	CYCLE	CYCLE	Week 1 JEN
			Week 2 AMY
			Week 3 JEN
			Week 4 AMY

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

BRING YOUR WATER BOTTLE & TOWEL

NEW TO CYCLE?

Monday 6:15-6:45pm is an introduction to cycle class.
Learn how to set up your bike properly, how to adjust the
tension, and how to have a safe, successful workout!

RANDOLPH-ASHEBORO YMCA INFORMATION

Hours of Operation

Monday-Thursday	5:30am-10:00pm
Friday	5:30am-7:00pm
Saturday	8:00am-5:00pm
Sunday	1:00pm-5:00pm

Nursery Hours For children ages 6 weeks - 5 years
(Closing times of nursery may vary due to lack of attendance)

	<u>Mornings</u>	<u>Evenings</u>
Monday	8:00am-1:15pm	4:15pm-8:30pm
Tuesday	8:00am-1:15pm	4:00pm-8:00pm
Wednesday	8:00am-11:15am	4:15-7:45pm
Thursday	8:00am-1:15pm	4:15pm-8:00pm
Friday	8:00am-11:00am	Closed
Saturday	8:00am-11:00am	Closed
Sunday		1:00pm-3:30pm

Youth Fitness Program For youth ages 6-11
(Closing times of Youth Fitness may vary due to lack of attendance)

Monday-Thursday 4:00pm-7:00pm
Scheduled activities include:
Kids Dance Party – Tuesday 4:30-5:15pm
Kids Yoga-Thursday 4:30-5:15pm
Swim Time- Monday & Wednesday 6:00-7:00pm

**IT IS RECOMMENDED TO
CONSULT YOUR PHYSICIAN
BEFORE STARTING AN
EXERCISE PROGRAM.**

WATER FITNESS CLASSES

Monday 9:00-10:00a Arthritis Aerobics
1:15-2:30p Seniors in Motion
Tuesday 10:00-10:45a Aerobics
11:00-11:45a High Energy
5:30-6:15p Arthritis Aerobics
7:00-8:00p Aerobics
Wed 9:00-10:00a Arthritis Aerobics
1:15-2:30p Seniors in Motion
Thursday 10:00-10:45a Aerobics
11:00-11:45a High Energy
5:30-6:15p Arthritis Aerobics
7:00-8:00p Aerobics
Friday 9:00-10:00a Arthritis Aerobics
10:15-11:15a Aerobics
Saturday 8:30a Aerobics
Sunday 1:15-2:00p High Energy