

# RANDOLPH ASHEBORO YMCA



# MIND & BODY STUDIO

Effective February 2012

## MONDAY

TIME	CLASS	INST
8:15-8:55A	YOGA FOR BALANCE	RHONDA
9:00-9:55A	ZUMBA *	JULIE/DARLENE
10:00-11:00A	YOGA PUMP	MARY
6:00-7:00P	CHAKRA YOGA/WORKSHOP	DANA/VY
7:15-8:15P	YOGA FLOW	ALKA

## THURSDAY

TIME	CLASS	INST
5:45-6:45A	SUN SALUTATIONS	KATHY
8:30-9:00A	BASIC PILATES*	DANA
10:00-10:30A	BREATH WORK*	DANA
11:00A-12:00	TAI CHI	JOAN
4:30-5:15P	KIDS YOGA	DANA
5:30-6:15P	PILATES-INTERMEDIATE/ADVANCED	KELLY
6:30-7:00P	PILATES-BEGINNERS	KELLY

## TUESDAY

TIME	CLASS	INST
8:30-9:00A	PILATES ON THE BALL	DANA
10:00-10:30A	BREATH WORK*	DANA
11:00A-12:00	HIDDEN TREASURES	
4:30-5:15P	KIDS DANCE PARTY Age 6-11	JULIE A
5:30-6:00P	GREAT BEGINNINGS WEEK 1 & 3 CARDIO KICKBOX WEEK 2 & 4 ON THE BALL	MYRA
6:05-7:00P	YOGA	ALKA
7:00-7:30P	YOGI HEALTH TIPS*	ALKA

## FRIDAY

TIME	CLASS	INST
9:30-10:00A	2 <sup>ND</sup> HALF OF ABC CLASS	RHONDA
10:00-11:00A	CHAKRA YOGA*	DANA/ALKA/MARY
11:00-11:30A	MEDITATION*	DANA/ALKA

## SATURDAY

TIME	CLASS	INST
8:15-8:55A	PILATES	DANA
9:00-9:55A	GENTLE YOGA	Rotation
10:00-10:55	YOGA	VY

## WEDNESDAY

TIME	CLASS	INST
8:30-9:25A	PI/YO	MARY
9:30-10:00A	ZUMBA *	JULIE
10:05-11:05A	HEALTHY SPINE & BACK *	DANA
6:00-6:30P	PI/YO	JULIE
6:35-7:30 P	POWER YOGA FLOW	ALKA
7:30-8:00P	MEDITATION/BREATH WORK	ALKA

\*Classes suitable for beginners/gentle

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.

## JUST FOR KIDS

Ages 6-11

Kid's Dance Party Tuesday 4:30-5:15 w/ Julie

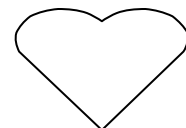
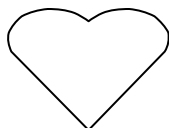
Kid's Yoga Thursday 4:30-5:15 w/ Dana

## SPECIAL IN FEBRUARY

Tuesday, February 14 6:00-7:30pm **PARTNER YOGA**

**Sign up in the studio – Space is limited!**

Thursdays 9:15-9:45am **PARENT-CHILD YOGA** Ages 1-4



## GREAT BEGINNINGS

Check out the Great Beginnings introductory workouts designed to show you the moves, teach you the tricks, and set you up for complete success in our Group Fitness Workouts!

Tuesday 5:30-6:00P Mind/Body Studio

Thursday 5:30-6:15P Group Exercise Studio

Sunday 2:30-3:15P Group Exercise Studio