



RANDOLPH-ASHEBORO YMCA EXERCISE CLASS SCHEDULE

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Monday, April 19

5:15 AM	Cycle	Jen
9:00 AM	Interval Training	Amy
12:15 PM	Cycle NEW!	Heather
5:30 PM	Cycle	Adam
5:30 PM	Yoga	Lorrie G
7:00 PM	Low Impact Aerobics	Myra

Tuesday, April 20

5:15 AM	Bootcamp-Gym	Jen
9:00 AM	Low Impact Aerobics	Jamie
10:00 AM	Vinyasa Yoga	Mary L
11:15 AM	Line Dance	Susan A
12:15 PM	Interval Training	Penny
4:30 PM	Cycle	Tracy/Danielle
5:30 PM	Cycle	Ken
5:30 PM	Dance Club	Iesha
6:30 PM	Yoga	Connie

Wednesday, April 21

8:15 AM	Pilates	Lesley
9:00 AM	Slow Flow Yoga	Lesley
9:00 AM	Interval Training	Amy
11:15 AM	Line Dance	Susan A
12:15 PM	Cycle NEW!	Heather
5:30 PM	Cycle	Adam
5:30 PM	Hip Hop	Iesha
6:30 PM	Yoga	Scarlet

Thursday, April 22

5:15 AM	Interval Training	Jen
9:00 AM	Low Impact Aerobics	Karen
9:00 AM	Cycle	Amy
12:15 PM	Interval Training	Penny
5:30 PM	Yoga	Lorrie G
7:00 PM	Low Impact Aerobics	Myra

Friday, April 23

8:30 AM	Yoga NEW TIME!	Lorie R
9:00 AM	Body Pump	Betsy
9:00 AM	Cycle	Jamie
10:15-10:45 AM	Senior Chair Yoga	Virginia - NEW!
NO 11:00 AM	Zumba Gold Today!	
5:30 PM	Yoga Wall	Mary V..

Saturday, April 24


8:00 AM	Boot Camp-Gym	Jen
9:00 AM	Cycle	Amy
10:00-10:45	Body Pump Virtual-45 minutes	
NO 11:00 AM	Hip Hop Today!	

In accordance with Executive Order 163 we will have the following occupancy limits:

- 20 participants, including the instructor, in the Group Exercise Studio
- 15 participants, including the instructor, in the Cycle Studio
- 12 participants, including the instructor, in the Mind & Body Studio (Limit of 6 on the Yoga Wall)
- *Yoga classes can be held in the Group Exercise Studio with up to 15 participants including the instructor as needed*

Participation will be on a first come, first serve basis

Please clean all equipment after use.



BeastMode
Monday—Friday
12:15 PM
4:30 PM
6:00 PM

Youth BeastMode Class Ages 10-14
Wednesdays 3:00 PM

All BeastMode classes held in the BeastMode Box Functional Training Center

LES MILLS VIRTUAL CLASSES
ARE AVAILABLE FOR MEMBER USE
when live classes are not scheduled.
PLEASE ENJOY! Ask a staff person for help to get it started if needed.

Supervised Teen Center: Mon, Tues, Wed 4:30-7:30pm Ages 7 and up

NURSERY HOURS:

Mon-Fri 8:30am-1:15pm Sat 8:00am-12 noon Mon-Thurs 4:00pm-8:00pm Fri-4:00pm-7:00pm