

Monday			Thursday		
Time	Class	Instructor	Time	Class	Instructor
5:30-6:30a	Slow Flow Yoga	Jeannie	5:30-6:30a	Slow Flow Yoga	Jeannie
8:15-9:00a	Yoga For Balance & Wall	Dana	8:15-9:00a	Pilates	Dana
9:15-10:00a	Restorative Flow	Mary	9:05-9:55a	Suspension Training	Lesley
6:30-7:30p	Yoga	Lorrie	10:00-11:00a	Slow Flow Yoga	Lesley
Tuesday			Friday		
Time	Class	Instructor	Time	Class	Instructor
8:15-9:00a	Pilates Balls&Barre	Dana	8:00-9:00p	Night Owl Yoga	Lorrie
9:05-9:55a	Vinyasa Yoga	Lesley	8:15-9:00a	Yoga	Dana
10:00-11:00a	Slow Flow Yoga	Dana	9:05-9:55a	Restorative	Dana
11:15-12:00p	Advanced Line Dance	Susan	10:00-11:00a	Yoga Flow and Yoga Wall	Dana
6:30-7:00pm	Bounce and Burn	Shay	5:30-6:30p	Yoga Wall	Scarlet
Wednesday			Saturday		
Time	Class	Instructor	Time	Class	Instructor
8:15-9:00a	Yoga Wall Sampler	Dana	8:15-9:00a	Yoga	Scarlet
10:00-11:00a	Gentle Yoga	Mary	9:15-10:00a	Yoga Wall	Scarlet
6:30-7:30p	Power Flow Yoga	Scarlet	YELLOW =YOGA WALL CLASSES		
7:35-8:15p	Yoga Wall	Scarlet	PURPLE =BARRE CLASSES		

Modifications can be made for different 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 any exercise program.

TEXT ALERTS



Enter this number

Text this message

Want to stay connected to the Y Group Fitness? Want to know in the event of cancelled classes? Then sign up for our text alerts! Text **@ragx1** to **81010** to get connected!
*Standard text message rates apply.

CLASS CANCELLATIONS WILL BE POSTED ON OUR WEBSITE'S FACILITY UPDATES PAGE

www.randolphasheboroymca.com