



RANDOLPH-ASHEBORO YMCA GROUP EXERCISE SCHEDULE - OCTOBER 2019

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Purple=Dance Classes

Les Mills Virtual Green=Streaming

Les Mills Virtual Blue=Instructor Set Up

Les Mills Virtual Pink=Member Class Choice

Classroom Code: GX=Group Exercise Studio MB=Mind & Body Studio CY=Cycle Studio *Classes Suitable for Beginners

Monday	Tuesday	Wednesday	Thursday	Friday
5:30-6:30 LES MILLS BODYCOMBAT/GX	5:30-6:30 LES MILLS BODYPUMP/GX*	5:30-6:30 LES MILLS BODYCOMBAT/GX		5:30-6:30 LES MILLS BODYCOMBAT/GX
5:15-6:15am Cycle - Jen/CY 5:30-6:30am Slow Flow Yoga - Jeannie/MB*	5:30-6:30am Cycle & Core Jeannie/CY*	5:15-6:00am Bootcamp-Brandon/Gym	5:15-6:15am Strength/Cardio Intervals-Jen/GX 5:30-6:30am Slow Flow Yoga-Jeannie/MB*	5:30-6:30am Cycle/Core -Jeannie/CY*
7:00-7:30am GRIT/GX	7:00-8:00am BODYPUMP/GX *	7:00-7:30am GRIT/GX	7:00-8:00amBODYPUMP/GX*	7:00-7:30amGRIT/GX
8:15-9:00am Yoga For Balance & Wall-Dana/MB*	8:15-9:00am Pilates Balls&Barre-Dana/MB*	8:15-9:00am Yoga Wall Sampler-Dana/MB*	8:15-9:00am Pilates-Dana/MB*	8:15-9:00am Yoga-Dana/MB*
9:00-10:00am Cardio Bootcamp-Amy/Gym	9:00-10:00am Abs-Buns-Cycle-Robin/CY*		9:00-10:00am Cycle-Amy/CY	9:00-10:00am Abs-Buns-Cycle-Jamie/CY
9:00-10:00am BODYPUMP - Shay/GX*	9:00-9:55am Low Impact Aerobics-Jamie/GX*	9:00-9:55am Strength/Cardio Intervals-Amy/GX	9:00-9:55am Low Impact Aerobics-Karen/GX*	9:00-10:10am BODYPUMP Live-Betsy/GX*
9:15-10:00am Restorative Flow-Mary/MB*	9:05-9:55am Vinyasa Yoga-Lesley/MB	9:15-10:00am Scenic Senior Cycle-Dana/CY*	9:05-9:55am Suspension Training-Lesley/MB	9:05-9:55am Restorative Yoga-Dana/MB*
10:15-11:15am YoCycle (yoga cycle) -Dana/CY*	10:00-11:00am Slow Flow Yoga - Dana/MB*	10:00-11:00am Gentle Yoga-Mary/MB*	10:00-11:00am Slow Flow Yoga-Lesley/MB*	10:00-11:00am Yoga Flow & Wall-Dana/MB*
10:30-11:30am Gentle Strength & Cardio Fusion-Mary/GX*	10:00-10:45am Silver Sneakers Classic-Amy/GX*	10:00-11:00am BODYPUMP-Karen/GX*	10:00-10:45am Silver Sneakers Classic-Karen/GX*	10:15-11:00am Silver Sneaker Stretch-Virginia/GX*
	11:15-12:00p Advanced Line Dance-Susan/GX	11:15-12:00 noon Beginning Line Dance-Susan/GX*		
12:15-12:45pm Bootcamp/Cycle ABC -Jamie/GX or CY	12:15-12:45pm Cycle/Intervals-Amy/Penny	12:15-12:45pm Kettlebell-Jamie or Penny/GX	12:15-12:45pm Strength/Cardio Intervals-Jamie/GX	
2:00-3:00pm BODYPUMP/GX*	2:00-2:30pm GRIT/GX	2:00-3:00pm BODYPUMP/GX*	2:00-2:30pm GRIT/GX	2:00-3:00pm BODYPUMP/GX*
3:00-3:30pm GRIT/GX	3:00-3:30pm CXWORX/GX	3:00-3:30pm GRIT/GX	3:00-3:30pm CXWORX/GX	3:00-4:00pm BODYCOMBAT/GX
4:30-5:25pm Strength & Cardio Intervals-Amy/GX	4:30-5:00pm Kidz Les Mills Born to Move/GX	4:30-5:25pm Strength & Cardio Intervals-Amy/GX	4:20-5:25pm BODYPUMP-Stacy/GX*	
	4:30-5:15pm Cycle-Tracy/CY*			
5:30-6:30pm Cycle-Adam/CY*	5:30-6:15pm Beginning Cycle-Barry/GX*	5:30-6:30pm Cycle-Adam/CY*		5:30-6:30pm Yoga Wall-Scarlet/MB*
5:30-6:30pm BODYPUMP Live-Betsy/GX*	5:30-6:20pm Dance Club and Sculpt-Elizabeth/GX*	5:30-6:30pm Hip Hop-Adriane & Shay/GX*	5:30-6:15pm POUNDI-Mary Jo/GX*	5:30-6:30pm BODYPUMP/GX*
6:30-7:30pm Yoga-Lorrie/MB*	6:30-7:00pm Bounce & Burn-Shay/MB*	6:30-7:30pm PowerFlow Yoga-Scarlet/MB		
6:40-7:10pm Strength/Cardio Intervals-Robin/GX	6:30-6:50pm Total Abs - Myra/GX*	6:45-7:45pm BODYPUMP/GX*	6:30-6:50pm Total Abs - Myra/GX*	
	7:00-7:45pm Low Impact Aerobics-Myra/GX*	7:35-8:15pm Yoga Wall-Scarlet/MB	7:00-7:45pm Low Impact HIIT or Step-Myra/GX*	
8:00-9:00pm BODYPUMP/GX*	8:00-9:00pm BODYCOMBAT-Lorrie/GX*		8:00-8:45pm SH'BAM/GX	
			8:00-9:00pm Night Owl Yoga-Lorrie/MB*	

Les Mills Virtual Green=Streaming Class and is pre-programmed . Members can experience a variety of workouts on your own schedule when it's convenient. Please put away equipment when finished. Let a staff person know if there is a class you would like to workout to that is not programmed and they will set it up for you. Enjoy!

WATER FITNESS CLASSES

Monday

9:00-10:00a Arthritis Aerobics
9:15-10:00 Deep Water HIIT
10:15-11:15a Aqua Bootcamp
1:30-2:30p Seniors in Motion

Tuesday

8:50-9:50a Total Body Workout
10:00-10:45a Water Aerobics
11:05-12:05p Power Movers & Shakers
5:30-6:15p Arthritis Aerobics
7:00-8:00p Evening Energizer

Wednesday

9:00-10:00a Arthritis Aerobics
9:15-10:00a Deep Water HIIT
10:15-11:15a Aqua Dance
1:30-2:30p Seniors in Motion

Thursday

8:50-9:50a Total Body Workout
10:00-10:45a Water Aerobics
11:05-12:05p Power Movers & Shakers
12:00-12:45p Aqua Bands Plus
5:30-6:15p Arthritis Aerobics
7:00-8:00 Evening Energizer

Friday

9:00-10:00a Arthritis Aerobics
9:15-10:00a Deep Water HIIT
10:15-11:15a Total Body Workout
11:15-12:00p Water Aerobics

Saturday

8:30-9:30a Water Aerobics



SCAN QR CODE FOR ONLINE SCHEDULES

Saturday

8:00-9:00am Bootcamp-Gym or GX
8:15-9:00am Yoga-Scarlet/MB*
9:00-10:00am Cycle-Rotation/CY*
9:00-10:00am BODYPUMP/GX
9:15-10:00am Yoga Wall-Scarlet/MB*
11:00-11:45am Hip-Hop-Iesha/GX
12:00-12:45pm SH'BAM/GX
1:00-1:30pm GRIT/GX
2:00-3:00pm BODYPUMP/GX
3:00-4:00pm BODYFLOW/GX 45-60 min.
4:00-5:00pm BODYCOMBAT/GX

Sunday

2:00-3:00pm BODYFLOW/GX 45-60 min.	
3:00-3:30pm CXWORX/GX	
4:00-5:00pm BODYPUMP/GX	
October 16 5:30pm	
NO POUND CLASS ON OCT. 31 @ 5:30PM HAPPY HALLOWEEN!	

SENIOR LAND FITNESS CLASSES

Tuesday 10:00-11:00AM and Thursday 10:00AM-11:00AM Silver Sneakers Classic
Friday 10:15-11:00AM Silver Sneakers Stretch

Live BodyPump Classes are based on Instructor Availability.
If instructor is unavailable there will be a Virtual BodyPump Class.

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