

CLASS DESCRIPTIONS

Beginning/Intermediate Classes

ABC Abs-Buns-Cycle Interval class targeting abs and buns with a mix of cardio-cycling.

Cardio Kickbox-An energetic aerobic workout combining punching and kicking moves.

Cycle Burn calories and get fit while riding indoors to the rhythm of motivating music!

Low Impact Aerobics Low intensity class for seniors, beginning exercisers, and those who enjoy aerobics but prefer a milder pace, incorporating cardiovascular fitness, muscular endurance, balance, and flexibility.

Simple Step Learn the basic moves on which all step is based. Get a great cardio and fat burning workout to fun music and routines.

Total Abs Class dedicated to strengthening the total core and lower back.

Intermediate/Advanced Classes

Bootcamp Indoor/Outdoor class that mixes traditional callisthenic and body weight exercises for a cardio and strength workout that includes running, sprints, jump rope, pushups, plyometric training, etc.

KettleBell This 30 minute class provides unique multi-joint movements that exercise all the large muscle groups while simultaneously providing a high level of cardiovascular endurance training.

Intervals High Intensity Interval Training workout designed to improve strength and cardiovascular fitness.

Dance Classes-All levels

Hip-Hop Fun-loving, addictive dance workout to party music!

Kidz Dance Party An energetic and fun 45 minute class designed to get kids moving while learning dance moves to their favorite songs.

Line Dance Low impact class teaching line dance steps.

Senior Classes

Silver Sneakers, Senior Cardio Tone, Silver Sneaker Stretch Very low to no impact exercise class geared toward senior citizens designed to increase mobility, strength, range of motion, flexibility, and balance with gentle exercises.

Yoga & Pilates -Restorative & Slow Flow best for beginners

Restorative Yoga This Yoga class is a slower flow; easing the body into shapes, with the aid of props, that restore and rejuvenate after a long week. Learn to let go and connect with your breath. This class is open to all levels, especially those seeking a slow flow recovery practice. 55-75 minute classes.

Yoga Flow Our Yoga classes are Vinyasa, or Flowing yoga, also known as breath-synchronized movement. Learn how to control the breath while moving through space and how the breath initiates movement. Build strength and endurance, learn deep relaxation skills that reduce stress, and increase flexibility in these 30-45-60 minute classes.

Intermediate This class is designed for students who are ready to take their yoga practice to the next level. Intermediate students will try more advanced poses with the option to modify. There is a restorative portion to the class to calm the body/mind as a balance to the new work. 60 minute classes.

Power Yoga This class is perfect for those who want a more athletic and cardiovascular practice. With a quicker pace and total body immersion, be prepared to sweat. Modifications are always given, however if you are new to yoga we suggest taking several slow flow classes first so you have a better understanding of the postures and can feel more confident. 45-60 minute classes

Pilates Develop a strong core focusing on strengthening the abdominal muscles, trunk, pelvis, & shoulder girdle. You will also work on improving flexibility, agility, and economy of motion.

**** 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.****



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

RANDOLPH-ASHEBORO YMCA GROUP EXERCISE SCHEDULE OCTOBER 30-NOVEMBER 30 2017

Introducing LES MILLS VIRTUAL CLASSES

LES MILLS BODYPUMP

BODYPUMP™ is the original barbell class that strengthens your entire body. This workout challenges all your major muscle groups and is for absolutely everyone. Great music and fast results!

LES MILLS BODYCOMBAT

BODYCOMBAT™ is the empowering cardio workout inspired by martial arts that fuels your cardio fitness. Totally non-contact and no complex moves to master.

LES MILLS BODYFLOW

BODYFLOW™* is the yoga-based class that will improve your mind, your body and your life.

LES MILLS CXWORX

CXWORX™ is ideal for tightening your tummy and butt, while also improving functional strength and assisting in injury prevention. Strengthen your core and chisel your waistline in this 30 minute

LES MILLS GRIT

LES MILLS GRIT™SERIES will push you to your max and beyond in this high intensity interval Training workout. A variety of cardio- strength-plyo exercises provides the challenge and intensity you need to get results fast.

LES MILLS SH'BAM

SH'BAM® features simple but seriously hot dance moves and is the perfect way to shape up and let out your inner star. Set to popular dance hits heard in the hottest nightclubs around the world, as well as familiar classics remixed and modernized, SH'BAM® is the ultimate fun way to exercise.

YMCA Hours of Operation

Monday - Thursday	5:00am-10:00pm
Friday	5:00am-9:00pm
Saturday	8:00am-7:00pm
Sunday	1:00pm-6:00pm

Nursery Hours: For children 6wks-6yrs

(Closing time may vary due to lack of attendance)

Monday	8:00am-1:15pm	4:00pm-8:30pm
Tuesday	8:00am-1:15pm	4:00pm-8:30pm
Wednesday	8:00am-1:15pm	4:00pm-8:30pm
Thursday	8:00am-1:15pm	4:00pm-8:30pm
Friday	8:00am-1:15pm	4:00pm-7:30pm
Saturday	8:00am-12:00pm	CLOSED
Sunday	CLOSED	CLOSED

Senior/Teen Center: For all ages 6+

Monday-Friday (for ages 18+) 8:00am-12:00pm

Monday-Friday (open to all) 5:00pm-8:00pm

Saturday 2:00pm-6:00pm Sunday 1:00pm-5:00pm

www.randolphasheboroyymca.com Phone 336-625-1976

**NOTE! YMCA WILL BE CLOSED FOR
THANKSGIVING NOVEMBER 23RD**

Club Y.M.C.A. for Kids - Youth Fitness (Kindergarten-Age 12)

Monday thru Thursday; 4pm-7pm

FREE/On-Site Members * Fee will be charged for Off-Site Members

Mondays: **Swim** days; kids will need bathing suits and towels from 6-7pm.

Wednesdays: **Kid's Dance** will take place in the Gymnasium with Felix McNeill.

Thursdays: Kid's Yoga/Tumbling will take place in the Yoga Room with Anna Bigelow

Thursday, November 9th, is **"Family Day."** We invite families to come learn quick and easy ways to healthy eating habits with Scarlet Brady in the Community Center.

*See Monthly Schedule for specific details & events.

RANDOLPH-ASHEBORO YMCA

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