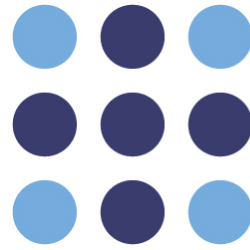


Fitness Schedule Gym Hours Personal Training



Randolph Health
**Fitness
Center**

MONDAY

- 6:15am Spin & HIIT with Lynn
- 8:15am Yoga with Scarlet
- 12:15pm Spin-n-Sculpt with Lynn
- 5:30pm Alotta Tabata with Scarlet

TUESDAY

- 12:15pm Pilates with Scarlet
- 5:30pm Indoor Cycling with Lynn

WEDNESDAY

- 8:15am Sculpting – Scarlet
- 6:15am Power Hour with Lynn
- *12:15pm Power Hour with Lynn
- 6:00pm Barre/PiYo – Mary Jo

THURSDAY

- 6:00pm Pound/PiYo – Mary Jo

FRIDAY

- 6:15am Spin & Circuit with Lynn
- 8:15am Pilates with Scarlet
- *12:15pm Spin & Circuit with Lynn

* All classes vary in intensity. Exercise at your level.

Personal Training with Lynn

½ Hour Session - \$35.00

6 – ½ Hour Sessions - \$105

12 – ½ Hour Sessions - \$210

600 West Salisbury Street, Suite A
Asheboro, NC 27203
Phone: 336-629-6397

GYM HOURS

M-W-F: 6-8:30AM
MONDAY – FRIDAY: 11:30-1:30PM
M-TH: 5-8PM
SAT: 9AM-1PM

