

Aquatics Classes are found on POOL SCHEDULE

September YWCA Fitness “Land” Class

Class descriptions and Rooms Back PAGE

<u>MONDAYS</u>	<u>TUESDAYS</u>	<u>WEDNESDAYS</u>	<u>THURSDAYS</u>	<u>FRIDAYS</u>	<u>SATURDAYS</u>	<u>SUNDAYS</u>
<u>AM</u>	<u>AM</u>	<u>AM</u>	<u>AM</u>	<u>AM</u>	<u>AM</u>	No
<u>Move and Groove</u> 9-9:45am (Yael)	<u>Align & Refine Yoga I/II</u> 10:30-11:45am (Debi)	<u>Move and Groove</u> 9-9:45am (Starr)	<u>Yoga I/II</u> 10:30-11:25am (Leslie)	<u>Move and Groove</u> 9-9:45am (Yael)	<u>Cycle Class</u> 9:15-10am (Tamara)	Classes
<u>HiRIT NEW</u> 10-10:55am (Yael)	<u>PM</u>	<u>Pilates Fusion</u> 10-10:55am (Anne)	<u>PM</u>	<u>HIIT</u> 10-10:30am (Yael)	<u>Cardio Strength</u> 10:15-11am (Tamara)	Unless a
<u>Cardio Kickboxing</u> 11-11:45am (Yael)	<u>Tabata</u> 12-12:45pm New Time (Jody)	<u>PM</u>	<u>Tone/Stretch/Cycle</u> 12-12:45pm New Time	<u>Pilates</u> 10-10:55am (Kay)	<u>Yoga I Exploring</u> 10-11:20am (Hampton)	Pop Up
<u>PM</u>	<u>Cycle Class</u> 5:25-6:10pm (Starr)	<u>Love to Lift</u> 12-12:55pm (Starr)	<u>Cycle 30 min</u> Tone Stretch 15 min (Grace)	<u>Quick Abs</u> 10:35-10:50am (Yael)		Class
<u>Love to Lift NEW</u> 12-12:55pm (Starr)	<u>Yoga I</u> 6-6:55pm (Hampton)	<u>HIIT</u> 6-6:55pm (Jody)	<u>Cycle Class</u> 5:25-6:10pm (Jody)	<u>PM</u>		Is
<u>Tabata NEW</u> 5:45-6:30pm (Starr)	<u>Zumba</u> 5:45-6:30pm (Tamara)	<u>Vinyasa Yoga II/III</u> 6-6:55pm (Yael)	<u>Yoga I</u> 6-6:55pm (Mary Lou)	<u>Love to Lift</u> 12-12:55pm (Starr)		Listed
<u>Cycle Class</u> 5:25-6:10pm (Tony)						Below
<u>Vinyasa Yoga II/III</u> 6-6:55pm (Elisabeth)						
<p>LOOK FOR CLASS TIME CHANGES ABOVE!</p> <p>POP UP Deep Stretch with Jane on Friday 9/20/19 11am</p> <p>Pop Up Chair Yoga with Hampton date and time TBA</p> <p><u>Classes Below cancelled due to low participation</u></p> <p>Wednesday 5:45pm Cycle, Monday 1:30pm Hydro–Maniac</p>						
						<p>Hours of Operation</p> <p>Mon-Thurs 5:45am-9pm</p> <p>Friday 5:45am-8pm</p> <p>Saturday 8am-5pm</p> <p>Sunday 1pm-5pm</p>
<p>eliminating racism empowering women</p> <p>ywca</p> <p>Central Carolinas</p>						<p>YWCA IS ON A MISSION</p>

CLASS DESCRIPTIONS AND ROOMS

MP–Multipurpose Room

YS– Yoga Studio

CS–Cycle Studio

- CS- Cycle Class:** This class is a great cardio workout set on a specialized stationary bike. Mid level– advanced (Beginners welcome, come early so instructor can help you with your bike set up).
- MP/CS-Tone/Stretch/Cycle:** Just what the name describes. Light upper body weights, abs, a light stretch before cycling.
- MP-Move and Groove:** A low-intensity chair and standing class focusing on flexibility and strength. Great for those suffering with joint issues.
- MP-Cardio Strength Kickboxing:** This class combines muscular strengthening moves with the cardio of kickboxing. Great overall body workout!
- MP-HIIT: (High Intensity Interval Training)** Full body workout with mix of strength and cardio exercises.
- MP-Quick Abs:** Comes right after 10-10:30am HIIT (Fridays)
- YS-Pilates Fusion:** Tone, sculpt, and lengthen with this low impact workout utilizing your own body weight, bands, light weights, and more. focus on core strength will improve stability and posture.
- YS-Pilates:** Low-impact exercises that focus on core strength, flexibility and long, lean muscles in the whole body.
- YS-Yoga I:** Beginner friendly. Classes go through traditional yoga postures and stretches.
- YS-Yoga I Exploring Details:** Traditional yoga postures and other focus movements, this class leads students of various skill levels and traditions into a slow and mindful study of what makes a wide range of postures safe, stable and strengthening.
- YS-Vinyasa Yoga II/III:** A flow style yoga, a little faster pace combined with some traditional yoga postures.
- YS-Align/Refine Yoga I/II:** Combines the precision of healthy alignment with mindful awareness of breath.
- YS-HiRIT (High Intensity Resistance Impact training)** – High Intensity training for those that cannot do the high impact training of a traditional HITT class.
- MP-Tabata:** Perform one or more exercises at high-intensity for 20 seconds followed by 10 seconds of rest.
- MP-Zumba:** Dance, sweat and most of all have fun!
- MP-Love to Lift:** This is a no or low sweat comprehensive body sculpting class designed to cover every muscle group thoroughly.