

## YWCA Central Carolinas

Monday	Tuesday
<p><b>LES MILLS BODYPUMP</b> 7:10am - 7:55am GE Room - YWTV</p> <p><b>LES MILLS BODYPUMP</b> 8:00am - 8:45am GE Room - YWTV</p> <p><b>Move and Groove</b> 9am - 9:45am GE Room - Hank</p> <p><b>Chair Yoga</b> 10:00am - 10:45am GE Room - Elizabeth</p> <p><b>LES MILLS RPM</b> 11:00am - 11:50am GE Room - YWTV</p> <p><b>LES MILLS BODYPUMP</b> 12:00 - 1:00 GE Room - Christine</p> <p><b>LES MILLS BODYCOMBAT</b> 1:30pm - 2:15pm GE Room - YWTV</p> <p><b>LES MILLS BODYPUMP</b> 2:30pm - 3:30pm GE Room - YWTV</p> <p><b>LES MILLS RPM</b> 3:45pm - 4:10pm GE Room - YWTV</p> <p><b>LES MILLS BODYPUMP</b> 4:45pm - 5:30pm GE Room - Amber</p> <p><b>Yoga II</b> 6pm - 7pm FF Studio - Sarah</p> <p><b>LES MILLS BODYPUMP</b> 6pm - 7pm GE Room - YWTV</p> <p><b>LES MILLS BODYBALANCE</b> 7:15pm - 8:00pm GE Room - YWTV</p> <p><b>LES MILLS RPM</b> 8:10pm - 9pm GE Room - YWTV</p>	<p><b>LES MILLS BODYATTACK</b> 7:10am - 7:55am GE Room - YWTV</p> <p><b>LES MILLS BODYPUMP</b> 8:00am - 8:45am GE Room - YWTV</p> <p><b>LES MILLS RPM</b> 9:00am - 9:25am GE Room - YWTV</p> <p><b>LES MILLS BODYPUMP</b> 9:25am-9:40am GE Room - YWTV</p> <p><b>Pilates on the Mat</b> 10am - 11am FF Studio - Kay</p> <p><b>LES MILLS BODYBALANCE</b> 11:10am - 11:55am GE Room - YWTV</p> <p><b>LES MILLS BODYPUMP</b> 12:00pm - 12:45pm GE Room - YWTV</p> <p><b>LES MILLS BODYPUMP</b> 1:30pm - 2:30pm GE Room - YWTV</p> <p><b>LES MILLS BODYCOMBAT</b> 2:45pm - 3:30pm GE Room - YWTV</p> <p><b>LES MILLS BODYATTACK</b> 3:40pm - 4:10pm GE Room - YWTV</p> <p><b>Circuit HIIT</b> 4:45pm - 5:30pm GE Room - Amber</p> <p><b>Cycle - Sweat</b> 5:45pm - 6:30pm GE Room - Emily</p> <p><b>Yoga I/II</b> 6:15pm - 7:15pm FF Studio - Mary</p> <p><b>LES MILLS BODYPUMP</b> 6:45pm - 7:30pm GE Room - Christine</p> <p><b>LES MILLS BODYATTACK</b> 8:10pm - 8:55pm GE Room - YWTV</p>

## January Group Fitness Schedule

Wednesday	Thursday
<p><b>LES MILLS BODYPUMP</b> 7:10 - 7:55am GE Room - YWTV</p> <p><b>LES MILLS BODYPUMP</b> 8:00am - 8:45am GE Room - YWTV</p> <p><b>Move and Groove</b> 9am - 9:45am GE Room - Rose</p> <p><b>LES MILLS BODYPUMP</b> 10:00 am-10:45am GE Room - YWTV</p> <p><b>LES MILLS RPM</b> 11am - 11:50am GE Room - YWTV</p> <p><b>Cardio Strength</b> 12 - 12:45pm GE Room - Yael</p> <p><b>LES MILLS RPM</b> 1:00 - 1:45 GE Room - YWTV</p> <p><b>LES MILLS BODYBALANCE</b> 2:00pm - 2:50pm GE Room - YWTV</p> <p><b>LES MILLS BODYPUMP</b> 3:00pm - 4:00pm GE Room - YWTV</p> <p><b>LES MILLS RPM</b> 4:00pm - 4:30pm GE Room - YWTV</p> <p><b>LES MILLS BODYPUMP</b> 4:45pm - 5:30pm GE Room - YWTV</p> <p><b>Flow &amp; Stretch</b> 6pm - 7pm FF Studio - Shelley B</p> <p><b>Cycle - Sweat</b> 6pm - 6:45pm GE Room - Kacy/Emily W.</p> <p><b>LES MILLS BODYBALANCE</b> 7:15pm - 8:00pm GE Room - YWTV</p> <p><b>LES MILLS RPM</b> 8:10pm - 9pm GE Room - YWTV</p>	<p><b>LES MILLS BODYATTACK</b> 7:10am - 7:55am GE Room - YWTV</p> <p><b>LES MILLS BODYPUMP</b> 8:00am - 8:45am GE Room - YWTV</p> <p><b>LES MILLS RPM</b> 9:00am - 9:25am GE Room - YWTV</p> <p><b>LES MILLS BODYPUMP</b> 9:25am-9:40am GE Room - YWTV</p> <p><b>Yoga I/II</b> 10:30am - 11:30am FF Studio - Hampton</p> <p><b>LES MILLS BODYBALANCE</b> 11:00am - 11:45am GE Room - YWTV</p> <p><b>LES MILLS BODYPUMP</b> 12:00pm - 12:45pm GE Room - YWTV</p> <p><b>LES MILLS BODYPUMP</b> 1:30pm - 2:30pm GE Room - YWTV</p> <p><b>LES MILLS BODYCOMBAT</b> 2:45pm - 3:30pm GE Room - YWTV</p> <p><b>LES MILLS BODYATTACK</b> 3:40pm - 4:10pm GE Room - YWTV</p> <p><b>LES MILLS BODYPUMP</b> 4:45pm - 5:30pm GE Room - YWTV</p> <p><b>LES MILLS BODYPUMP</b> 6:00pm - 7:00pm GE Room - Christine</p> <p><b>Yoga I</b> 6pm - 7pm FF Studio - Karen</p> <p><b>LES MILLS RPM</b> 6:50pm - 7:35pm GE Room - YWTV</p> <p><b>LES MILLS BODYCOMBAT</b> 8:10pm - 8:55pm GE Room - YWTV</p>

## GE Room --> Group Exercise Room FF Studio --> Functional Fitness Studio

Friday	Saturday	Sunday
<p><b>LES MILLS BODYPUMP</b> 7:10 - 7:55am GE Room - YWTV</p> <p><b>LES MILLS BODYBALANCE</b> 8:00am - 8:45am GE Room - YWTV</p> <p><b>Move and Groove</b> 9am - 9:45am GE Room - Hank</p> <p><b>Chair Yoga</b> 9:50am - 10:35am GE Room - Hampton</p> <p><b>Pilates on the Mat</b> 10am - 11am FF Studio - Kay</p> <p><b>LES MILLS BODYATTACK</b> 11am - 11:45am GE Room - YWTV</p> <p><b>Cycle - Circuit</b> 12pm - 12:45pm GE Room - Bryan</p> <p><b>LES MILLS BODYBALANCE</b> 1:30pm - 2:30pm GE Room - YWTV</p> <p><b>LES MILLS BODYPUMP</b> 2:45pm - 3:30pm GE Room - YWTV</p> <p><b>LES MILLS RPM</b> 3:45pm - 4:10pm GE Room - YWTV</p> <p><b>LES MILLS BODYATTACK</b> 4:20pm - 5:05pm GE Room - YWTV</p> <p><b>LES MILLS BODYPUMP</b> 5:15pm - 6:15pm GE Room - YWTV</p> <p><b>LES MILLS BODYBALANCE</b> 6:30pm - 7:30pm GE Room - YWTV</p>	<p><b>LES MILLS BODYPUMP</b> 8:00am - 8:45am GE Room - YWTV</p> <p><b>LES MILLS RPM</b> 8:55am - 9:25am GE Room - YWTV</p> <p><b>LES MILLS BODYPUMP</b> 9:30am - 10:30am GE Room - Rotating Instr.</p> <p><b>Yoga I/II</b> 10:15am - 11:15am FF Studio - Hampton</p> <p><b>LES MILLS BODYATTACK</b> 10:45am-11:30am GE Room - YWTV</p> <p><b>LES MILLS BODYCOMBAT</b> 11:30am - 12:15pm GE Room - YWTV</p> <p><b>LES MILLS BODYATTACK</b> 12:30pm - 1:15pm GE Room - YWTV</p> <p><b>LES MILLS RPM</b> 1:45pm - 2:35pm GE Room - YWTV</p> <p><b>LES MILLS BODYPUMP</b> 2:45pm - 3:45pm GE Room - YWTV</p> <p><b>LES MILLS BODYBALANCE</b> 4pm - 4:45pm GE Room - YWTV</p> <p><b>LES MILLS BODYATTACK</b> 5:00pm - 5:45pm GE Room - YWTV</p> <p><b>LES MILLS BODYPUMP</b> 6:00pm - 7:00pm GE Room - YWTV</p> <p><b>LES MILLS BODYPUMP</b> 7:05pm - 7:50pm GE Room - YWTV</p>	<p><b>LES MILLS BODYPUMP</b> 8:15am - 9:15am GE Room - YWTV</p> <p><b>LES MILLS RPM</b> 9:30am - 10:20am GE Room - YWTV</p> <p><b>LES MILLS BODYBALANCE</b> 10:30am - 11:30am GE Room - YWTV</p> <p><b>LES MILLS BODYBALANCE</b> 12:00pm - 1:00pm GE Room - YWTV</p> <p><b>LES MILLS BODYPUMP</b> 1:15pm - 2:15pm GE Room - YWTV</p> <p><b>Yoga I</b> 3:00PM - 4:00 PM FF Studio - Rotating Instructors</p> <p><b>LES MILLS BODYBALANCE</b> 3:00pm - 4:00pm GE Room - YWTV</p> <p><b>LES MILLS RPM</b> 4:10pm - 5:00pm GE Room - YWTV</p> <p><b>LES MILLS BODYPUMP</b> 5:00pm - 6:00pm GE Room - YWTV</p> <p><b>LES MILLS BODYATTACK</b> 6:05pm - 6:50pm GE Room - YWTV</p> <p><b>LES MILLS BODYPUMP</b> 7pm - 7:45pm GE Room - YWTV</p>

### What is YWTV?

YWTV classes will be shown on the YWTVs and will be taught by world-leading instructors. Each class will begin and end automatically on the YWTVs.

### Fitness Center Hours:

Monday - Thursday: 7am - 9pm

Friday: 7am - 8pm

Saturday: 8am - 8pm

Sunday: 8am - 8pm

### Childcare Hours:

Monday - Thursday: 9:30am - 11:30am

Monday - Thursday: 5:00pm - 7:00pm

Friday: 8am-11am

Saturday: 8am-12pm

**Cardio Strength** Utilize free weights, balls, and your own body weight for a full body cardio and strength workout. Level of intensity will vary depending on each member's level of energy, effort and weight choice during the workout. All levels welcome.



**BODYPUMP** is an express barbell workout for everyone. In 30 minutes, you'll focus on either upper or lower body.

**Cycle - Circuit** This class is a fusion cardio & strength workout using a stationary bike and weighted floor exercises. You'll do a cardio workout on the bike then transition off the bike to complete a circuit of weighted strength exercises. All levels welcome.



**BODYBALANCE™** is a new yoga class for anyone and everyone. It uses a range of movements and motion set to music that will improve your mind, your body and your life leaving you feeling calm and centered.

**Cycle - Sweat** This class is a medium to high intensity cardio workout set on a specialized stationary bike. Ride along to the Instructor's choice of upbeat music! You control your own resistance and intensity.



**BODYCOMBAT™** is a high-energy martial arts-inspired workout. You'll learn how to punch, kick and strike your way to superior fitness and strength.

**Flow & Stretch** Begin class with a light flow of movements to warm the body. You'll then settle into traditional posture holds to increase flexibility. Finish with a relaxing stretch.



**RPM™** is a group indoor cycling workout where you control the intensity. It's fun, low impact and you can burn up to 500 calories a session. With great music pumping and the group spinning as one, your instructor takes you on a journey of hill climbs, sprints and flat riding.

**Circuit HIIT** (High Intensity Interval Training) Full body workout with mix of strength and cardio exercises using equipment and body weight. Low impact exercises modifications available. All levels welcome.



**BODYATTACK™** is a high-energy fitness class with moves that cater for total beginners to total addicts. We combine athletic movements like running, lunging and jumping with strength exercises such as push-ups and squats. A LES MILLS™ instructor will pump out energizing tunes and lead you through the workout – burning up to 555 calories and leaving you with a sense of achievement.

**Move and Groove** A low-intensity chair and/or standing class focusing on strength, balance and flexibility. Great for those suffering with joint issues or have balance challenges. Beginner friendly.



**BODYPUMP™** is the original barbell workout for absolutely everyone. Using light to moderate weights with lots of repetition (reps) **BODYPUMP™** gives you a total body workout that burns calories, strengthens and tones.

**Pilates on the Mat** Low-impact mat exercises that focus on core strength, flexibility and long, lean muscles in the whole body. Level of intensity will vary depending on each member's level of energy and effort during the workout.

**Yoga I** Classes go through traditional yoga postures and stretches on the mat.

**Yoga I/II** A slow flow style yoga, combines movements with some traditional yoga postures.

**Yoga II/III** An invigorating practice with traditional pose holds comprised of intention-setting, focused themes, posture demos, sequence repetition and simple

**Chair Yoga** Chair yoga is a gentle form of yoga that can be done sitting on a chair or standing on the ground while using the chair for support. Benefits of chair yoga include improved flexibility, better concentration and increased strength.

**Fitness Center Hours:**  
Mon - Thurs: 7am - 9pm  
Friday: 7:00am - 8:00pm  
Saturday-Sunday : 8am - 8pm

**Pool Hours:**  
Mon - Thurs: 7am-7:50pm  
Friday: 7:00am-5:50pm  
Saturday: 8am-12:50pm  
Sunday: 12pm - 4:50pm

**Childcare Hours:**  
Monday - Thursday: 9:30am - 11:30am  
Monday - Thursday: 5:00pm - 7:00pm  
Friday: 8am-11am  
Saturday: 8am-12pm

**eliminating racism  
empowering women  
ywca  
Central Carolinas  
Sarah Belk Gambrell Fitness Center**