

YWCA Central Carolinas

Monday

LES MILLS BODYPUMP
7:10am - 7:55am
GE Room - YWTV

LES MILLS BODYPUMP
8:00am - 8:45am
GE Room - YWTV

Move and Groove

9am - 9:45am
GE Room - Hank

Chair Yoga

9:55am - 10:40am
GE Room - Elizabeth

LES MILLS RPM
11:00am - 11:50am
GE Room - YWTV

LES MILLS BODYPUMP
12:00 - 1:00
GE Room - Christine

LES MILLS BODYCOMBAT
1:30pm - 2:15pm
GE Room - YWTV

LES MILLS BODYPUMP
2:30pm - 3:30pm
GE Room - YWTV

LES MILLS RPM
3:45pm - 4:10pm
GE Room - YWTV

LES MILLS BODYPUMP
4:45pm - 5:30pm
GE Room - Amber

Yoga II

6pm - 7pm
FF Studio - Sarah

LES MILLS BODYPUMP
6pm - 7pm
GE Room - YWTV

LES MILLS BODYBALANCE
7:15pm - 8:00pm
GE Room - YWTV

LES MILLS RPM
8:10pm - 9pm
GE Room - YWTV

Tuesday

LES MILLS BODYATTACK
7:10am - 7:55am
GE Room - YWTV

LES MILLS BODYPUMP
8:00am - 8:45am
GE Room - YWTV

LES MILLS RPM
9:00am - 9:25am
GE Room - YWTV

LES MILLS BODYPUMP
9:25am-9:40am
GE Room - YWTV

Pilates on the Mat

10am - 11am
GE Room - Kay

LES MILLS BODYBALANCE
11:10am - 11:55am
GE Room - YWTV

LES MILLS BODYPUMP
12:00pm - 12:45pm
GE Room - YWTV

LES MILLS BODYPUMP
1:30pm - 2:30pm
GE Room - YWTV

LES MILLS BODYCOMBAT
2:45pm - 3:30pm
GE Room - YWTV

LES MILLS BODYATTACK
3:40pm - 4:10pm
GE Room - YWTV

Circuit HIIT

4:45pm - 5:30pm
GE Room - Amber

LES MILLS CYCLE - SWEAT
5:45pm - 6:30pm
GE Room - Emily

LES MILLS YOGA I/II
6:00pm - 7:00pm
FF Studio - Mary

LES MILLS BODYPUMP
6:45pm - 7:30pm
GE Room - YWTV

LES MILLS BODYATTACK
8:10pm - 8:55pm
GE Room - YWTV

March Group Fitness Schedule

Wednesday

LES MILLS BODYPUMP
7:10 - 7:55am
GE Room - YWTV

LES MILLS BODYPUMP
8:00am - 8:45am
GE Room - YWTV

Move and Groove

9am - 9:45am
GE Room - Rose

LES MILLS BODYPUMP
10:00 am-10:45am
GE Room - YWTV

LES MILLS RPM
11am - 11:50am
GE Room - YWTV

LES MILLS CARDIO STRENGTH
12 - 12:45pm
GE Room-Yael

LES MILLS RPM
1:00 - 1:45
GE Room - YWTV

LES MILLS BODYBALANCE
2:00pm - 2:50pm
GE Room - YWTV

LES MILLS BODYPUMP
3:00pm - 4:00pm
GE Room - YWTV

LES MILLS RPM
4:00pm - 4:30pm
GE Room - YWTV

Cycle - Sweat

5:00pm - 5:45pm
GE Room - Jim

LES MILLS FLOW & STRETCH
6pm - 7pm
FF Studio - Shelley B

LES MILLS CARDIO STRENGTH
6pm - 6:45pm
GE Room - Christine

LES MILLS BODYBALANCE
7:15pm - 8:00pm
GE Room - YWTV

LES MILLS RPM
8:10pm - 9pm
GE Room - YWTV

Thursday

LES MILLS BODYATTACK
7:10am - 7:55am
GE Room - YWTV

LES MILLS BODYPUMP
8:00am - 8:45am
GE Room - YWTV

LES MILLS RPM
9:00am - 9:25am
GE Room - YWTV

LES MILLS BODYPUMP
9:25am-9:40am
GE Room - YWTV

LES MILLS YOGA I/II
10:30am - 11:30am
FF Studio - Hampton

LES MILLS BODYBALANCE
11:00am - 11:45am
GE Room - YWTV

LES MILLS BODYPUMP
12:00pm - 12:45pm
GE Room - YWTV

LES MILLS BODYPUMP
1:30pm - 2:30pm
GE Room - YWTV

LES MILLS BODYCOMBAT
2:45pm - 3:30pm
GE Room - YWTV

LES MILLS BODYATTACK
3:40pm - 4:10pm
GE Room - YWTV

Cycle - Sweat

5:00pm - 5:45pm
GE Room - Jim

LES MILLS BODYPUMP
6:00pm - 7:00pm
GE Room - Christine

LES MILLS YOGA I
6pm - 7pm
FF Studio - Karen

LES MILLS RPM
7:05pm - 7:55pm
GE Room - YWTV

LES MILLS BODYCOMBAT
8:10pm - 8:55pm
GE Room - YWTV

Friday

LES MILLS BODYPUMP
7:10 - 7:55am
GE Room - YWTV

LES MILLS BODYBALANCE
8:00am - 8:45am
GE Room - YWTV

Move and Groove

9am - 9:45am
GE Room - Hank

LES MILLS CHAIR YOGA
9:50am - 10:35am
FF Studio - Hampton

Pilates on the Mat

10am - 11am
GE Room - Kay

LES MILLS BODYATTACK
11:10am - 11:40am
GE Room - YWTV

LES MILLS CYCLE - CIRCUIT
12pm - 12:45pm
GE Room - Giulia

LES MILLS BODYBALANCE
1:30pm - 2:30pm
GE Room - YWTV

LES MILLS BODYPUMP
2:45pm - 3:30pm
GE Room - YWTV

LES MILLS RPM
3:45pm - 4:15pm
GE Room - YWTV

LES MILLS BODYATTACK
4:20pm - 5:05pm
GE Room - YWTV

LES MILLS BODYPUMP
5:15pm - 6:15pm
GE Room - YWTV

LES MILLS BODYBALANCE
6:30pm - 7:30pm
GE Room - YWTV

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.

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

Saturday

LES MILLS BODYPUMP
8:00am - 8:45am
GE Room - YWTV

LES MILLS RPM
8:55am - 9:25am
GE Room - YWTV

LES MILLS BODYPUMP
9:30am - 10:30am
GE Room - Rotating Instr.

LES MILLS YOGA I/II
10:15am - 11:15am
FF Studio - Hampton

LES MILLS BODYATTACK
10:45am-11:30am
GE Room - YWTV

LES MILLS BODYCOMBAT
11:30am - 12:15pm
GE Room - YWTV

LES MILLS BODYATTACK
12:30pm - 1:15pm
GE Room - YWTV

LES MILLS RPM
1:45pm - 2:35pm
GE Room - YWTV

LES MILLS BODYPUMP
2:45pm - 3:45pm
GE Room - YWTV

LES MILLS BODYBALANCE
4pm - 4:45pm
GE Room - YWTV

LES MILLS BODYATTACK
5:00pm - 5:45pm
GE Room - YWTV

LES MILLS BODYPUMP
6:00pm - 7:00pm
GE Room - YWTV

LES MILLS BODYPUMP
7:05pm - 7:50pm
GE Room - YWTV

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

Sunday

LES MILLS BODYPUMP
8:15am - 9:15am
GE Room - YWTV

LES MILLS RPM
9:30am - 10:20am
GE Room - YWTV

LES MILLS BODYBALANCE
10:30am - 11:30am
GE Room - YWTV

LES MILLS BODYBALANCE
12:00pm - 1:00pm
GE Room - YWTV

LES MILLS BODYPUMP
1:15pm - 2:15pm
GE Room - YWTV

LES MILLS YOGA I
3:00PM - 4:00 PM
FF Studio - Rotating Instructors

LES MILLS BODYBALANCE
3:00pm - 4:00pm
GE Room - YWTV

LES MILLS RPM
4:10pm - 5:00pm
GE Room - YWTV

LES MILLS BODYPUMP
5:00pm - 6:00pm
GE Room - YWTV

LES MILLS BODYATTACK
6:05pm - 6:50pm
GE Room - YWTV

LES MILLS BODYPUMP
7pm - 7:45pm
GE Room - YWTV

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.

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.

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.

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.

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.

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.

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.



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



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.



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.



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.



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.



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.

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**