

## 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

### Cycle - Sweat

5:45pm - 6:30pm  
GE Room - Emily

**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

## April 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**  
10:00am - 10:45am  
GE Room - YWTV

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

**Cardio Strength**  
12:00 - 1:00  
FF Studio - Rotating Instructors

 **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 BODYCOMBAT**  
4:00pm - 4:45pm  
GE Room - YWTV

 **LES MILLS RPM**  
5:00pm - 5:50pm  
GE Room - YWTV

### Flow & Stretch

6pm - 7pm  
FF Studio - Rotating Instructors

**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

**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

**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

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

### 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

**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

**Cardio Strength**  
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.

### 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.

**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

Saturday: 8am - 12pm

### 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

**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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Swim Reservation 7am-7:50am	Swim Reservation 7am-7:50am	Swim Reservation 7am-7:50am	Swim Reservation 7am-7:50am	Swim Reservation 7am-7:50am	Swim Reservation 7am-7:50am	
Swim Reservation 8am-8:50am	Swim Reservation 8am-8:50am	Swim Reservation 8am-8:50am	Swim Reservation 8am-8:50am	Swim Reservation 8am-8:50am	Swim Reservation 8am-8:50am	
Swim Res. (Lanes 1-3) OYO (Lanes 4-5) 9am-9:50am	Aqua Intervals Hank 9am-9:45am	Swim Res. (Lanes 1-3) OYO (Lanes 4-5) 9am-9:50am	Aqua Power Giulia 9am-9:45am	Aqua Intervals Shelley 9am-9:45am	Swim Reservation 9am-9:50am	
Aqua Power 10am-10:45am Giulia	Swim Reservation 10am-10:50am	Aqua Power 10am-10:45am Tasha	Swim Reservation 10am-10:50am	Aqua Power 10am-10:45am Giulia	Swim Reservation 10am-10:50am	
Swim Reservation 11am-11:50am	Swim Reservation 11am-11:50am	Aqua Stretch & Swim 11am-11:45am Hank/Elizabeth	Swim Reservation 11am-11:50am	Swim Reservation 11am-11:50am	Swim Reservation 11am-11:50am	
Swim Reservation 12pm-12:50pm	Swim Reservation 12pm-12:50pm	Swim Reservation 12pm-12:50pm	Swim Reservation 12pm-12:50pm	Swim Reservation 12pm-12:50pm	Swim Reservation 12pm-12:50pm	Swim Reservation 12pm-12:50pm
Swim Reservation 1pm-1:50pm	Swim Reservation 1pm-1:50pm	Swim Reservation 1pm-1:50pm	Swim Reservation 1pm-1:50pm	Swim Reservation 1pm-1:50pm		Swim Reservation 1pm-1:50pm
Swim Reservation 2pm-2:50pm	Swim Reservation 2pm-2:50pm	Swim Reservation 2pm-2:50pm	Swim Reservation 2pm-2:50pm	Swim Reservation 2pm-2:50pm		Swim Reservation 2pm-2:50pm
Swim Reservation 3pm-3:50pm	Swim Reservation 3pm-3:50pm	Swim Reservation 3pm-3:50pm	Swim Reservation 3pm-3:50pm	Swim Reservation 3pm-3:50pm		Swim Reservation 3pm-3:50pm
Swim Reservation 4pm-4:50pm	Swim Reservation 4pm-4:50pm	Swim Reservation 4pm-4:50pm	Swim Reservation 4pm-4:50pm	Swim Reservation 4pm-4:50pm		Swim Reservation 4pm-4:50pm
*Orange Crush (1-3) *Swim Res. (Lane 4-5) 5pm-5:50pm	*Orange Crush (1-3) *Swim Res. (Lane 4-5) 5pm-5:50pm	*Orange Crush (1-3) *Swim Res. (Lane 4-5) FF Studio - Rotating Inst	*Orange Crush (1-3) *Swim Res. (Lane 4-5) 5pm-5:50pm	*Family Swim (Lanes 4-5) *Swim Res. (Lane 1-3) 5pm-5:50pm	<div><b>Fitness Center Hours:</b> Mon - Thurs: 7am - 9pm Friday: 7am - 8pm Saturday: 8am - 8pm Sunday: 8am - 8pm <b>Pool Hours:</b> Mon - Thurs: 7am-7:50pm Friday: 7am-5:50pm Saturday: 8am-12:50pm Sunday: 12pm - 4:50pm <b>Childcare Hours:</b> Monday - Thursday: 9:30am - 11:30am Monday - Thursday: 5:00pm - 7:00pm Friday: 8am-11am</div>	
*Orange Crush (1-3) *Swim Res. (Lane 4-5) 6pm-6:50pm	*Orange Crush (1-3) *Swim Res. (Lane 4-5) 6pm-6:50pm	*Orange Crush (1-3) *Swim Res. (Lane 4-5) 6pm-6:50pm	*Orange Crush (1-3) *Swim Res. (Lane 4-5) 6pm-6:50pm			
Swim Reservation 7pm-7:50pm	Swim Reservation 7pm-7:50pm	Swim Reservation 7pm-7:50pm	Swim Reservation 7pm-7:50pm			
*(During Orange Crush Swim Team, there will be swim reservations available but there will be very limited lanes available.)						

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

**Pool Hours:**  
**Mon - Thurs:** 7am-7:50pm  
**Friday:** 7am-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