

YWCA Central Carolinas

September Group Fitness Schedule

Monday	Tuesday	Wednesday	Thursday
LES MILLS BODYPUMP 7:10am - 7:55am GE Room - YWTV	LES MILLS BODYATTACK 7:10am - 7:55am GE Room - YWTV	LES MILLS BODYPUMP 7:10 - 7:55am GE Room - YWTV	LES MILLS BODYATTACK 7:10am - 7:55am GE Room - YWTV
LES MILLS BODYPUMP 8:00am - 8:45am GE Room - YWTV	LES MILLS BODYPUMP 8:00am - 8:45am GE Room - YWTV	LES MILLS BODYPUMP 8:00am - 8:45am GE Room - YWTV	LES MILLS BODYPUMP 8:00am - 8:45am GE Room - YWTV
Move and Groove 9am - 9:45am GE Room - Hank	LES MILLS RPM 9:00am - 9:25am GE Room - YWTV	Move and Groove 9am - 9:45am GE Room - Rose	LES MILLS RPM 9:00am - 9:25am GE Room - YWTV
Chair Yoga 9:55am - 10:40am GE Room - Elizabeth	LES MILLS BODYPUMP 9:25am-9:40am GE Room - YWTV	LES MILLS BODYPUMP 10:00 am-10:45am GE Room - YWTV	LES MILLS BODYPUMP 9:25am-9:40am GE Room - YWTV
LES MILLS RPM 11:00am - 11:50am GE Room - YWTV	Pilates on the Mat 10am - 11am GE Room - Kay	LES MILLS RPM 11am - 11:50am GE Room - YWTV	Yoga I/II 10:30am - 11:30am GE Room - Hampton
Cardio Strength 12pm - 12:45pm GE Room - Ashley	LES MILLS BODYBALANCE 11:10am - 11:55am 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 12:00pm - 12:45pm GE Room - YWTV	LES MILLS RPM 1:00 - 1:45 GE Room - YWTV	LES MILLS BODYPUMP 12:00pm - 12:45pm GE Room - YWTV
LES MILLS BODYPUMP 2:30pm - 3:30pm GE Room - YWTV	LES MILLS BODYPUMP 1:30pm - 2:30pm GE Room - YWTV	LES MILLS BODYBALANCE 2:00pm - 2:50pm GE Room - YWTV	LES MILLS BODYPUMP 1:30pm - 2:30pm GE Room - YWTV
LES MILLS RPM 3:45pm - 4:10pm GE Room - YWTV	LES MILLS BODYCOMBAT 2:45pm - 3:30pm GE Room - YWTV	LES MILLS BODYPUMP 3:00pm - 4:00pm GE Room - YWTV	LES MILLS BODYCOMBAT 2:45pm - 3:30pm GE Room - YWTV
LES MILLS BODYPUMP 4:45pm-5:30pm GE Room - Christine	LES MILLS BODYATTACK 3:40pm - 4:10pm GE Room - YWTV	LES MILLS BODYCOMBAT 4:00pm - 4:45pm GE Room - YWTV	LES MILLS BODYATTACK 3:40pm - 4:10pm GE Room - YWTV
Cycle - Sweat 5:45pm - 6:30pm GE Room - Emily	LES MILLS BODYPUMP 4:30pm - 5:30pm GE Room - YWTV	Cardio Dance 5:00 - 5:50 GE Room - Ashley	Cycle - Sweat 5:00pm - 5:45pm GE Room - Jim
Yoga II 6pm - 7pm Board Room - Sarah	Circuit HIIT 5:45pm - 6:30pm GE Room - Chris M.	Yoga II 6pm - 7pm Board Room - Elizabeth	LES MILLS BODYPUMP 6:00pm - 7:00pm GE Room - Christine
LES MILLS BODYBALANCE 7:15pm - 8:00pm GE Room - YWTV	Yoga I/II 6:00pm - 7:00pm Board Room - Mary	LES MILLS BODYPUMP 6:00pm - 7:00pm GE Room - YWTV	Yoga I 6pm - 7pm Board Room - Karen
LES MILLS RPM 8:10pm - 9pm GE Room - YWTV	LES MILLS BODYPUMP 6:45pm - 7:30pm GE Room - YWTV	LES MILLS BODYBALANCE 7:15pm - 8:00pm GE Room - YWTV	LES MILLS RPM 7:05pm - 7:55pm GE Room - YWTV
	LES MILLS BODYATTACK 8:10pm - 8:55pm GE Room - YWTV	LES MILLS RPM 8:10pm - 9pm GE Room - YWTV	LES MILLS BODYCOMBAT 8:10pm - 8:55pm GE Room - YWTV

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

Friday	Saturday	Sunday
LES MILLS BODYPUMP 7:10 - 7:55am GE Room - YWTV	LES MILLS BODYPUMP 8:00am - 8:45am GE Room - YWTV	LES MILLS BODYPUMP 8:15am - 9:15am GE Room - YWTV
LES MILLS BODYBALANCE 8:00am - 8:45am GE Room - YWTV	LES MILLS RPM 8:55am - 9:25am GE Room - YWTV	LES MILLS RPM 9:30am - 10:20am GE Room - YWTV
Move and Groove 9am - 9:45am GE Room - Hank	LES MILLS BODYPUMP 9:30am - 10:30am GE Room - Rotating Instr.	LES MILLS BODYBALANCE 10:30am - 11:30am GE Room - YWTV
Chair Yoga 9:50am - 10:35am FF Studio - Hampton	Yoga I/II 10:45am - 11:45am GE Room - Hampton	LES MILLS BODYBALANCE 12:00pm - 1:00pm GE Room - YWTV
Pilates on the Mat 10am - 11am GE Room - Kay		LES MILLS BODYPUMP 1:15pm - 2:15pm GE Room - YWTV
LES MILLS BODYATTACK 11:10am - 11:40am GE Room - YWTV	LES MILLS BODYCOMBAT 12pm - 12:30pm GE Room - YWTV	Yoga I 3:00PM - 4:00 PM GE Room - Rotating Instructors
Cardio Strength 12pm - 12:45pm GE Room - Giulia	LES MILLS BODYATTACK 12:30pm - 1:15pm GE Room - YWTV	
LES MILLS BODYBALANCE 1:30pm - 2:30pm GE Room - YWTV	LES MILLS RPM 1:45pm - 2:35pm GE Room - YWTV	LES MILLS RPM 4:10pm - 5:00pm GE Room - YWTV
LES MILLS BODYPUMP 2:45pm - 3:30pm GE Room - YWTV	LES MILLS BODYPUMP 2:45pm - 3:45pm GE Room - YWTV	LES MILLS BODYPUMP 5:00pm - 6:00pm GE Room - YWTV
LES MILLS RPM 3:45pm - 4:15pm GE Room - YWTV	LES MILLS BODYBALANCE 4pm - 4:45pm GE Room - YWTV	LES MILLS BODYATTACK 6:05pm - 6:50pm GE Room - YWTV
LES MILLS BODYATTACK 4:20pm - 5:05pm GE Room - YWTV	LES MILLS BODYATTACK 5:00pm - 5:45pm GE Room - YWTV	LES MILLS BODYPUMP 7pm - 7:45pm GE Room - YWTV
LES MILLS BODYPUMP 5:15pm - 6:15pm GE Room - YWTV	LES MILLS BODYPUMP 6:00pm - 7:00pm GE Room - YWTV	
LES MILLS BODYBALANCE 6:30pm - 7:30pm GE Room - YWTV	LES MILLS BODYPUMP 7:05pm - 7:50pm 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.

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

YWCA Central Carolinas September Pool Schedule

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 Ashley	Swim Reservation 10am-10:50am	Aqua Power 10am-10:45am Elizabeth/Rose	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 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) 5pm-5:50pm	*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		
*Orange Crush (1-3) Swim Reservation 6pm-6:50pm	*Orange Crush (1-3) Swim Reservation 6pm-6:50pm	*Orange Crush (1-3) Swim Reservation 6pm-6:50pm	*Orange Crush (1-3) Swim Reservation 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 & 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
Saturday: 8am-12pm