YWCA Central Carolinas

November Group Fitness Schedule

Monday

7:10am - 7:55am GE Room - YWTV

D LESMILLS 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

O RPM

11:00am - 11:50am GE Room - YWTV

Cardio Strength

12pm - 12:45pm GE Room - Ashley

O BODYCOMBAT

1:30pm - 2:15pm GE Room - YWTV

D RODYPUMP

2:30pm - 3:30pm GE Room - YWTV O RPM

3:45pm - 4:10pm GE Room - YWTV

RODYPUMP

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

Cycle - Sweat

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

Yoga II

6pm - 7pm FF Studio - Sarah

7:15pm - 8:00pm

GE Room - YWTV

○ RPM

8:10pm - 9pm GE Room - YWTV

Tuesday

D LESMILLS BODYATTACK

7:10am - 7:55am GF Room - YWTV

BODYPUMP

8:00am - 8:45am GE Room - YWTV

O RPM

9:00am - 9:25am GE Room - YWTV

O BODYPUM

9:25am-9:40am GE Room - YWTV

Pilates on the Mat

10am - 11am GE Room - Kay

O BODYBALANCE

11:10am - 11:55am GE Room - YWTV

O BODYPUMI

12:00pm - 12:45pm GE Room - YWTV

1:30pm - 2:30pm GE Room - YWTV

D BODYCOMBAT

2:45pm - 3:30pm GE Room - YWTV

D LESMILLS **BODYATTACK**

3:40pm - 4:10pm GE Room - YWTV

O BODYPUMP

4:30pm - 5:30pm GE Room - YWTV

Circuit HIIT

5:45pm - 6:30pm GE Room - Chris M. Yoga I/II

6:00pm - 7:00pm

FF Studio - Marv O BODYPUMP

6:45pm - 7:30pm GE Room - YWTV

O BODYATTACK

8:10pm - 8:55pm GE Room - YWTV

Wednesday

O BODYPUMP

7:10 -7:55am GE Room - YWTV

D LESMILLS BODYPUMP

8:00am - 8:45am GE Room - YWTV

Move and Groove

9am - 9:45am GE Room - Rose

O BODYPUM

10:00 am-10:45am GE Room - YWTV

○ RPM

11am - 11:50am GE Room - YWTV

LESMILLS BODYPUMP 12:00 - 1:00

GE Room - Christine

○ RPM

1:00 - 1:45 GE Room - YWTV

D LESMILLS BODYBALANCE

2:00pm - 2:50pm GE Room - YWTV

O BODYPUMP

3:00pm - 4:00pm GE Room - YWTV

O BODYCOMBAT

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

Cardio Dance

5:15 - 6:00 GE Room - Ashley

Yoga II

6pm - 7pm FF Studio - Elizabeth

O BODYPUMP

6:00pm - 7:00pm GE Room - YWTV

D LESMILLS BODYBALANCE

7:15pm - 8:00pm GE Room - YWTV

○ RPM

8:10pm - 9pm GE Room - YWTV

Thursday

D LESMILLS BODYATTACK

7:10am - 7:55am GE Room - YWTV

BODYPUMP

8:00am - 8:45am GE Room - YWTV

O RPM

9:00am - 9:25am GE Room - YWTV

O BODYPUMP

9:25am-9:40am GE Room - YWTV

Yoga I/II

10:30am - 11:30am FF Studio - Hampton

O BODYBALANCE

11:00am - 11:45am GE Room - YWTV

O BODYPUMP

12:00pm - 12:45pm GE Room - YWTV

O RODYPIIMP

1:30pm - 2:30pm GE Room - YWTV

O BODYCOMBAT

2:45pm - 3:30pm GE Room - YWTV

O BODYATTACK

3:40pm - 4:10pm GE Room - YWTV

Cycle - Sweat

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

BODYPUMP

6:00pm - 7:00pm GE Room - Christine

Yoga I

6pm - 7pm FF Studio - Karen

O RPM

7:05pm - 7:55pm GE Room - YWTV

O BODYCOMBAT

8:10pm - 8:55pm GE Room - YWTV

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

Friday

O BODYPUMP

7:10 -7:55am GE Room - YWTV

D LESMILLS 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 O BODYATTACK

11:10am - 11:40am GE Room - YWTV

Cardio Strength

12pm - 12:45pm GE Room - Giulia

O BODYBALANCE

1:30pm - 2:30pm GE Room - YWTV

O BODYPUMP

2:45pm - 3:30pm GE Room - YWTV

LESMILLS

3:45pm - 4:15pm GE Room - YWTV

D LESMILLS BODYATTACK

4:20pm - 5:05pm GE Room - YWTV

O BODYPUMP

5:15pm - 6:15pm GE Room - YWTV D LESMILLS
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

D LESMILLS BODYPUMP

8:00am - 8:45am GF Room - YWTV

O RPM

8:55am - 9:25am GE Room - YWTV

LESMILLS BODYPUMP

9:30am - 10:30am GE Room - Rotating Instr.

Yoga I/II

10:15am - 11:15am FF Studio - Hampton

O BODYATTA

10:45am-11:30am GE Room - YWTV

O BODYCOMBAT

11:30am - 12:15pm GE Room - YWTV

O BODYATTACK

12:30pm - 1:15pm GE Room - YWTV O RPM

1:45pm - 2:35pm GE Room - YWTV

O BODYPUMP 2:45pm - 3:45pm GE Room - YWTV

D LESMILLS RODYRALANCE 4pm - 4:45pm GE Room - YWTV

LESMILLS 5:00pm - 5:45pm

GE Room - YWTV **D** LESMILLS BODYPUMP

6:00pm - 7:00pm GE Room - YWTV **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

D LESMILLS BODYPUMP

8:15am - 9:15am GF Room - YWTV

O RPM

9:30am - 10:20am GE Room - YWTV

O BODYBALANCE

10:30am - 11:30am GE Room - YWTV

O BODYBALANCE

12:00pm - 1:00pm GE Room - YWTV

O RODYPUMP

1:15pm - 2:15pm GE Room - YWTV

Yoga I

3:00PM - 4:00 PM FF Studio - Rotating Instructors

3:00pm - 4:00pm GE Room - YWTV

Lesmills 4:10pm - 5:00pm

GE Room - YWTV **BODYPUMP**

5:00pm - 6:00pm GE Room - YWTV

O BODYATTACK 6:05pm - 6:50pm

GE Room - YWTV **O** BODYPUMP 7pm - 7:45pm

GE Room - YWTV

YWCA Central Carolinas November 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 Re 7am-7:5 | eservation 0am | | |
| Swim Reservation 3am-8:50am | Swim Reservation 8am-8:50am | Swim Reservation 8am-8:50am | Swim Reservation 8am-8:50am | Swim Reservation 8am-8:50am | Swim Re 8am-8:5 | eservation 0am | | |
| 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 Giulia/Shelley 9am-9:45am | Swim Reserva 9am-9:5 | | | |
| Aqua Power 10am-10:45am Ashley | Swim Reservation 10am-10:50am | Aqua Power 10am-10:45am Elizabeth/Latrisha | Swim Reservation 10am-10:50am | Aqua Power 10am-10:45am Giulia | Swim Re | eservation 0:50am | | |
| 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 | ı | | 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 | | Fitness Center Hours: Mon - Thurs: 7am - 9pm Friday: 7am - 8pm Saturday & Sunday: 8am - 8pm | | |
| *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 | | | 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 | | |
| Swim Reservation 7pm-7:50pm *(During Orange Crush | Swim Reservation 7pm-7:50pm Swim Team, there will be | Swim Reservation 7pm-7:50pm swim reservations availa | Swim Reservation 7pm-7:50pm ible but there will be very | limited lanes available.) | | | | |

^{*(}During Orange Crush Swim Team, there will be swim reservations available but there will be very limited lanes available.)