

YWCA Central Carolinas

Monday

LESMILLS BODYPUMP

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

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

LESMILLS RPM

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

Cardio Strength

12pm - 12:45pm
GE Room - Ashley

LESMILLS BODYCOMBAT

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

LESMILLS BODYPUMP

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

LESMILLS RPM

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

LESMILLS BODYPUMP

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

Cycle - Sweat

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

Yoga II

6pm - 7pm
FF Studio - Sarah

LESMILLS BODYBALANCE

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

LESMILLS RPM

8:10pm - 9pm
GE Room - YWTV

January Group Fitness Schedule

Tuesday

LESMILLS BODYATTACK

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

LESMILLS BODYPUMP

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

LESMILLS RPM

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

LESMILLS BODYPUMP

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

Pilates on the Mat

10am - 11am
GE Room - Kay

LESMILLS BODYBALANCE

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

LESMILLS BODYPUMP

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

LESMILLS BODYPUMP

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

LESMILLS BODYCOMBAT

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

LESMILLS BODYATTACK

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

LESMILLS BODYCOMBAT

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

Line Dance

5:15 - 6:00
GE Room - Ashley

Circuit HIIT

5:45pm - 6:30pm
GE Room - Chris M.

Yoga I/II

6:00pm - 7:00pm
FF Studio - Mary

LESMILLS BODYPUMP

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

LESMILLS BODYATTACK

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

Wednesday

LESMILLS BODYPUMP

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

LESMILLS BODYPUMP

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

Move and Groove

9am - 9:45am
GE Room - Rose

LESMILLS BODYPUMP

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

LESMILLS RPM

11am - 11:50am
GE Room - YWTV

LESMILLS BODYPUMP

12:00 - 1:00
GE Room - Christine

LESMILLS RPM

1:00 - 1:45
GE Room - YWTV

LESMILLS BODYBALANCE

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

LESMILLS BODYPUMP

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

LESMILLS BODYCOMBAT

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

Line Dance

5:15 - 6:00
GE Room - Ashley

Yoga II

6pm - 7pm
FF Studio - Elizabeth

LESMILLS BODYPUMP

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

LESMILLS BODYBALANCE

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

LESMILLS RPM

8:10pm - 9pm
GE Room - YWTV

Thursday

LESMILLS BODYATTACK

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

LESMILLS BODYPUMP

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

LESMILLS RPM

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

LESMILLS BODYPUMP

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

LESMILLS RPM

11am - 11:50am
GE Room - YWTV

LESMILLS BODYBALANCE

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

LESMILLS BODYPUMP

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

LESMILLS BODYBALANCE

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

LESMILLS BODYCOMBAT

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

LESMILLS BODYATTACK

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

Cycle - Sweat

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

LESMILLS BODYPUMP

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

Yoga I

6pm - 7pm
FF Studio - Karen

LESMILLS RPM

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

LESMILLS BODYCOMBAT

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

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

Friday

LESMILLS BODYPUMP

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

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

LESMILLS BODYATTACK

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

Cardio Strength

12pm - 12:45pm
GE Room - Giulia

LESMILLS BODYBALANCE

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

LESMILLS BODYPUMP

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

LESMILLS RPM

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

LESMILLS BODYATTACK

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

LESMILLS BODYPUMP

6:15pm - 6:55pm
GE Room - YWTV

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

LESMILLS BODYPUMP

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

LESMILLS 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

LESMILLS BODYATTACK

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

LESMILLS BODYCOMBAT

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

LESMILLS BODYATTACK

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

LESMILLS RPM

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

LESMILLS BODYPUMP

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

LESMILLS BODYBALANCE

4pm - 4:45pm
GE Room - YWTV

LESMILLS BODYATTACK

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

LESMILLS BODYPUMP

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

LESMILLS BODYPUMP

7:05pm - 7:50pm
GE Room - YWTV

LESMILLS BODYATTACK

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

LESMILLS BODYBALANCE

9:00pm - 9:45pm
GE Room - YWTV

LESMILLS BODYATTACK

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

Sunday

LESMILLS BODYPUMP

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

LESMILLS RPM

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

LESMILLS BODYBALANCE

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

LESMILLS BODYBALANCE

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

LESMILLS BODYPUMP

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

Yoga I

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

LESMILLS BODYBALANCE

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

LESMILLS RPM

4:10pm - 5:00pm
GE Room - YWTV

LESMILLS BODYPUMP

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

LESMILLS BODYATTACK

6:05pm - 6:50pm
GE Room - YWTV

LESMILLS BODYCOMBAT

6:05pm - 7:45pm
GE Room - YWTV

LESMILLS BODYATTACK

7:00pm - 7:45pm
GE Room - YWTV

LESMILLS BODYBALANCE

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

LESMILLS BODYATTACK

9:00pm - 9:45pm
GE Room - YWTV

LESMILLS BODYBALANCE

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

LESMILLS BODYATTACK

11:00pm - 11:45pm
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

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.

Cardio Dance

A fun, high-energy fitness line dance class where music meets movement! All ages and all levels are welcome—come sweat, vibe, and learn easy line dances while getting fit!



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.



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.

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 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.

Chair Yoga

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**