

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

February 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 BODYPUMP

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

LESMILLS BODYATTACK

5pm - 5:45pm
GE Room - YWTV

LESMILLS BODYCOMBAT

6:00pm - 6:45pm
GE Room - Karie

LESMILLS BODYBALANCE

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

LESMILLS RPM

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

LESMILLS BODYPUMP

5pm - 5:45pm
GE Room - YWTV

LESMILLS BODYATTACK

6:00pm - 6:45pm
GE Room - Jim

LESMILLS BODYBALANCE

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

LESMILLS BODYCOMBAT

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 - Hank

LESMILLS BODYPUMP

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

LESMILLS RPM

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

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

LESMILLS BODYPUMP

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

LESMILLS BODYBALANCE

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

LESMILLS BODYCOMBAT

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

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

LESMILLS BODYCOMBAT

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

LESMILLS BODYATTACK

12:30pm - 1:15pm
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

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

LESMILLS BODYPUMP

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

LESMILLS BODYBALANCE

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

LESMILLS BODYPUMP

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

LESMILLS BODYATTACK

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

Saturday

LESMILLS BODYPUMP

8:00am - 8:45am

LESMILLS RPM

8:55am - 9:25am

LESMILLS BODYBALANCE

9:30am - 10:30am

Yoga I II

10:15am - 11:15am

LESMILLS BODYATTACK

10:45am-11:30am

LESMILLS BODYCOMBAT

11:30am - 12:15pm

LESMILLS BODYATTACK

12:30pm - 1:15pm

LESMILLS BODYBALANCE

1:45pm - 2:35pm

LESMILLS BODYPUMP

2:45pm - 3:45pm

LESMILLS BODYBALANCE

4:00pm - 4:45pm

LESMILLS BODYATTACK

5:00pm - 5:45pm

LESMILLS BODYPUMP

6:00pm - 7:00pm

LESMILLS BODYCOMBAT

7:05pm - 7:50pm

LESMILLS BODYATTACK

8:10pm - 8:55pm

LESMILLS BODYPUMP

9:30pm - 10:15pm

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

Yoga I

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

LESMILLS BODYATTACK

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

LESMILLS BODYBALANCE

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

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 BODYPUMP

7pm - 7:45pm
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.

YWCA Central Carolinas February Pool Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Swim Reservation 7am-7:50am	Swim Reservation 7am-7:50am					
Swim Reservation 8am-8:50am	Swim Reservation 8am-8:50am					
Swim Res. (Lanes 1-3) OYO (Lanes 4-5) 9am-9:50am	Aqua Intervals 9am-9:45am Hank	Swim Res. (Lanes 1-3) OYO (Lanes 4-5) 9am-9:50am	Aqua Power 9am-9:45am Giulia	Aqua Intervals 9am-9:45am Shelley	Swim Reservation 9am-9:50am	
Aqua Power 10am-10:45am Ashley	Swim Reservation 10am-10:50am	Aqua Power 10am-10:45am Rotating Instructors	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 1pm-1:50pm		Swim Reservation 1pm-1:50pm				
Swim Reservation 2pm-2:50pm		Swim Reservation 2pm-2:50pm				
Swim Reservation 3pm-3:50pm		Swim Reservation 3pm-3:50pm				
Swim Reservation 4pm-4:50pm		Swim Reservation 4pm-4:50pm				
*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)	*Orange Crush (1-3)	6:00pm - 6:45pm	*Orange Crush (1-3)			
Swim Reservation 6pm-6:50pm	Swim Reservation 6pm-6:50pm	Swim Reservation 6pm-6:50pm	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