

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

Cycle Strength

12pm - 12:45pm
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 - Christine

Cycle - Sweat

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

Yoga II

6pm - 7pm
FF Studio - Sarah

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

LES MILLS 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 - Mary

LES MILLS BODYPUMP
6:45pm - 7:30pm
GE Room - YWTV

LES MILLS BODYATTACK
8:10pm - 8:55pm
GE Room - YWTV

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

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

LES MILLS BODYPUMP
12:00 - 1:00
GE Room - Christine

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

Yoga II

6pm - 7pm
FF Studio - Elizabeth

Cycle - Intervals
6:00 - 6:45
GE Room - Emily

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

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/Elizabeth

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.

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

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

YWCA Central Carolinas March 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 Rotating Instructors	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) 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