

YWCA Central Carolinas

September Group Fitness Schedule

Monday	Tuesday	Wednesday	Thursday
 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 Cardio 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-5:45pm GE Room - Christine Cycle - Sweat 6:00pm - 6:45pm 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	 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	 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 - Karie  LES MILLS BODYBALANCE 7:15pm - 8:00pm GE Room - YWTV  LES MILLS RPM 8:10pm - 9pm 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 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 Zumba 6:00pm - 6:45pm GE Room - Irina 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

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 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	 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	 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 1:30pm - 2:30pm 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

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

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.

Zumba

Zumba is a high-energy fitness program that combines aerobic interval training with upbeat Latin and international dance rhythms. Created in the 1990s, it turns group exercise into a fun dance party where you follow simple dance steps to tone your body and burn calories



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.

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.



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.

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

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.

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**