

## YWCA Central Carolinas

| Monday                                                            | Tuesday                                                             |
|-------------------------------------------------------------------|---------------------------------------------------------------------|
| <b>LES MILLS BODYPUMP</b><br>7:10am - 7:55am<br>GE Room - YWTV    | <b>LES MILLS BODYATTACK</b><br>7:10am - 7:55am<br>GE Room - YWTV    |
| <b>LES MILLS BODYPUMP</b><br>8:00am - 8:45am<br>GE Room - YWTV    | <b>LES MILLS BODYPUMP</b><br>8:00am - 8:45am<br>GE Room - YWTV      |
| <b>Move and Groove</b><br>9am - 9:45am<br>GE Room - Hank          | <b>LES MILLS RPM</b><br>9:00am - 9:25am<br>GE Room - YWTV           |
| <b>Chair Yoga</b><br>9:55am - 10:40am<br>GE Room - Elizabeth      | <b>LES MILLS BODYPUMP</b><br>9:25am-9:40am<br>GE Room - YWTV        |
| <b>LES MILLS RPM</b><br>11:00am - 11:50am<br>GE Room - YWTV       | <b>Pilates on the Mat</b><br>10am - 11am<br>GE Room - Kay           |
| <b>Cardio Strength</b><br>12pm - 12:45pm<br>GE Room - Christine   | <b>LES MILLS BODYBALANCE</b><br>11:10am - 11:55am<br>GE Room - YWTV |
| <b>LES MILLS BODYCOMBAT</b><br>1:30pm - 2:15pm<br>GE Room - YWTV  | <b>LES MILLS BODYPUMP</b><br>12:00pm - 12:45pm<br>GE Room - YWTV    |
| <b>LES MILLS BODYPUMP</b><br>2:30pm - 3:30pm<br>GE Room - YWTV    | <b>LES MILLS BODYPUMP</b><br>1:30pm - 2:30pm<br>GE Room - YWTV      |
| <b>LES MILLS RPM</b><br>3:45pm - 4:10pm<br>GE Room - YWTV         | <b>LES MILLS BODYCOMBAT</b><br>2:45pm - 3:30pm<br>GE Room - YWTV    |
| <b>LES MILLS BODYPUMP</b><br>4:45pm-5:30pm<br>GE Room - Christine | <b>LES MILLS BODYATTACK</b><br>3:40pm - 4:10pm<br>GE Room - YWTV    |
| <b>Cycle - Sweat</b><br>6:00pm - 6:45pm<br>GE Room - Karie        | <b>LES MILLS BODYPUMP</b><br>4:30pm - 5:30pm<br>GE Room - YWTV      |
| <b>Yoga II</b><br>6pm - 7pm<br>FF Studio - Sarah                  | <b>Circuit HIIT</b><br>5:45pm - 6:30pm<br>GE Room - Chris M.        |
| <b>LES MILLS BODYBALANCE</b><br>7:15pm - 8:00pm<br>GE Room - YWTV | <b>Yoga I/II</b><br>6:00pm - 7:00pm<br>FF Studio - Mary             |
| <b>LES MILLS RPM</b><br>8:10pm - 9pm<br>GE Room - YWTV            | <b>LES MILLS BODYPUMP</b><br>6:45pm - 7:30pm<br>GE Room - YWTV      |
|                                                                   | <b>LES MILLS BODYATTACK</b><br>8:10pm - 8:55pm<br>GE Room - YWTV    |

## October Group Fitness Schedule

| Wednesday                                                         | Thursday                                                            |
|-------------------------------------------------------------------|---------------------------------------------------------------------|
| <b>LES MILLS BODYPUMP</b><br>7:10 - 7:55am<br>GE Room - YWTV      | <b>LES MILLS BODYATTACK</b><br>7:10am - 7:55am<br>GE Room - YWTV    |
| <b>LES MILLS BODYPUMP</b><br>8:00am - 8:45am<br>GE Room - YWTV    | <b>LES MILLS BODYPUMP</b><br>8:00am - 8:45am<br>GE Room - YWTV      |
| <b>Move and Groove</b><br>9am - 9:45am<br>GE Room - Rose          | <b>LES MILLS RPM</b><br>9:00am - 9:25am<br>GE Room - YWTV           |
| <b>LES MILLS BODYPUMP</b><br>10:00 am-10:45am<br>GE Room - YWTV   | <b>LES MILLS BODYPUMP</b><br>9:25am-9:40am<br>GE Room - YWTV        |
| <b>LES MILLS RPM</b><br>11am - 11:50am<br>GE Room - YWTV          | <b>Yoga I/II</b><br>10:30am - 11:30am<br>FF Studio - Hampton        |
| <b>LES MILLS BODYPUMP</b><br>12:00 - 1:00<br>GE Room - Christine  | <b>LES MILLS BODYBALANCE</b><br>11:00am - 11:45am<br>GE Room - YWTV |
| <b>LES MILLS RPM</b><br>1:00 - 1:45<br>GE Room - YWTV             | <b>LES MILLS BODYPUMP</b><br>12:00pm - 12:45pm<br>GE Room - YWTV    |
| <b>LES MILLS BODYBALANCE</b><br>2:00pm - 2:50pm<br>GE Room - YWTV | <b>LES MILLS BODYPUMP</b><br>1:30pm - 2:30pm<br>GE Room - YWTV      |
| <b>LES MILLS BODYPUMP</b><br>3:00pm - 4:00pm<br>GE Room - YWTV    | <b>LES MILLS BODYCOMBAT</b><br>2:45pm - 3:30pm<br>GE Room - YWTV    |
| <b>LES MILLS BODYCOMBAT</b><br>4:00pm - 4:45pm<br>GE Room - YWTV  | <b>LES MILLS BODYATTACK</b><br>3:40pm - 4:10pm<br>GE Room - YWTV    |
| <b>LES MILLS BODYPUMP</b><br>5pm - 5:45pm<br>GE Room - YWTV       | <b>Cycle - Sweat</b><br>5:00pm - 5:45pm<br>GE Room - Jim            |
| <b>Yoga II</b><br>6pm - 7pm<br>FF Studio - Elizabeth              | <b>Zumba</b><br>6:00pm - 6:45pm<br>GE Room - Irina                  |
| <b>Cycle - Intervals</b><br>6:00 - 6:45<br>GE Room - Karie        | <b>Yoga I</b><br>6pm - 7pm<br>FF Studio - Karen                     |
| <b>LES MILLS BODYBALANCE</b><br>7:15pm - 8:00pm<br>GE Room - YWTV | <b>LES MILLS RPM</b><br>7:05pm - 7:55pm<br>GE Room - YWTV           |
| <b>LES MILLS RPM</b><br>8:10pm - 9pm<br>GE Room - YWTV            | <b>LES MILLS BODYCOMBAT</b><br>8:10pm - 8:55pm<br>GE Room - YWTV    |

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

| Friday                                                                 | Saturday                                                                   | Sunday                                                                |
|------------------------------------------------------------------------|----------------------------------------------------------------------------|-----------------------------------------------------------------------|
| <b>LES MILLS BODYPUMP</b><br>7:10 - 7:55am<br>GE Room - YWTV           | <b>LES MILLS BODYPUMP</b><br>8:00am - 8:45am<br>GE Room - YWTV             | <b>LES MILLS BODYPUMP</b><br>8:15am - 9:15am<br>GE Room - YWTV        |
| <b>LES MILLS BODYBALANCE</b><br>8:00am - 8:45am<br>GE Room - YWTV      | <b>LES MILLS RPM</b><br>8:55am - 9:25am<br>GE Room - YWTV                  | <b>LES MILLS RPM</b><br>9:30am - 10:20am<br>GE Room - YWTV            |
| <b>Move and Groove</b><br>9am - 9:45am<br>GE Room - Hank               | <b>LES MILLS BODYPUMP</b><br>9:30am - 10:30am<br>GE Room - Rotating Instr. | <b>LES MILLS BODYBALANCE</b><br>10:30am - 11:30am<br>GE Room - YWTV   |
| <b>Chair Yoga</b><br>9:55am - 10:40am<br>FF Studio - Hampton/Elizabeth | <b>Yoga I/II</b><br>10:15am - 11:15am<br>FF Studio - Hampton               | <b>LES MILLS BODYBALANCE</b><br>12:00pm - 1:00pm<br>GE Room - YWTV    |
| <b>Pilates on the Mat</b><br>10am - 11am<br>GE Room - Kay              | <b>LES MILLS BODYATTACK</b><br>10:45am-11:30am<br>GE Room - YWTV           | <b>LES MILLS BODYPUMP</b><br>1:30pm - 2:30pm<br>GE Room - YWTV        |
| <b>LES MILLS BODYATTACK</b><br>11:10am - 11:40am<br>GE Room - YWTV     | <b>LES MILLS BODYCOMBAT</b><br>11:30am - 12:15pm<br>GE Room - YWTV         | <b>Yoga I</b><br>3:00PM - 4:00 PM<br>FF Studio - Rotating Instructors |
| <b>Cardio Strength</b><br>12pm - 12:45pm<br>GE Room - Giulia           | <b>LES MILLS BODYATTACK</b><br>12:30pm - 1:15pm<br>GE Room - YWTV          | <b>LES MILLS BODYBALANCE</b><br>3:00pm - 4:00pm<br>GE Room - YWTV     |
| <b>LES MILLS BODYBALANCE</b><br>1:30pm - 2:30pm<br>GE Room - YWTV      | <b>LES MILLS RPM</b><br>1:45pm - 2:35pm<br>GE Room - YWTV                  | <b>LES MILLS RPM</b><br>4:10pm - 5:00pm<br>GE Room - YWTV             |
| <b>LES MILLS BODYPUMP</b><br>2:45pm - 3:30pm<br>GE Room - YWTV         | <b>LES MILLS BODYPUMP</b><br>2:45pm - 3:45pm<br>GE Room - YWTV             | <b>LES MILLS BODYPUMP</b><br>5:00pm - 6:00pm<br>GE Room - YWTV        |
| <b>LES MILLS RPM</b><br>3:45pm - 4:15pm<br>GE Room - YWTV              | <b>LES MILLS BODYBALANCE</b><br>4pm - 4:45pm<br>GE Room - YWTV             | <b>LES MILLS BODYATTACK</b><br>6:05pm - 6:50pm<br>GE Room - YWTV      |
| <b>LES MILLS BODYATTACK</b><br>4:20pm - 5:05pm<br>GE Room - YWTV       | <b>LES MILLS BODYATTACK</b><br>5:00pm - 5:45pm<br>GE Room - YWTV           | <b>LES MILLS BODYPUMP</b><br>7pm - 7:45pm<br>GE Room - YWTV           |
| <b>LES MILLS BODYPUMP</b><br>5:15pm - 6:15pm<br>GE Room - YWTV         | <b>LES MILLS BODYPUMP</b><br>6:00pm - 7:00pm<br>GE Room - YWTV             |                                                                       |
| <b>LES MILLS BODYBALANCE</b><br>6:30pm - 7:30pm<br>GE Room - YWTV      | <b>LES MILLS BODYPUMP</b><br>7:05pm - 7:50pm<br>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  
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Sarah Belk Gambrell Fitness Center**