YWCA Central Carolinas — November Group Fitness Schedule

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

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 - Christine

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

Yoga II
6pm - 7pm
FF Studio - Sarah

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

LesMills RPM
8:10pm - 9pm
GE Room - YWTV

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

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 - 12:45
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 BODYPUMP
4:45pm-5:30pm
GE Room - Kevin

Yoga II
6pm - 7pm
FF Studio - Elizabeth

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

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 - YWTV

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

Yoga I/II
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 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

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

Zumba
6:00pm - 6:45pm
GE Room - Irina

Yoga I
6pm - 7pm
FF Studio - Kim

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

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

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
9:55am - 10:40am
FF Studio - Hampton/Elizabeth

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
4:20pm - 5:05pm
GE Room - YWTV

LesMills BODYPUMP
5:15pm - 6:15pm
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

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
1:30pm - 2:30pm
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 BODYPUMP
7pm - 7:45pm
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.
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.
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.
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
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.
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	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.

LesMills BODYPUMP 30'	BODYPUMP 30' is an express barbell workout for everyone. In 30 minutes, you'll focus on either upper or lower body.
LesMills BODYBALANCE	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.
LesMills BODYCOMBAT	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.
LesMills RPM	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.
LesMills BODYATTACK	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.
LesMills BODYPUMP	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.

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