

# July YWCA Fitness “Land” Class Schedule

eliminating racism  
empowering women  
**ywca**  
Central Carolinas  
Sarah Belk Gambrell Fitness Center

\*Class descriptions and locations on back

\*Aquatics classes are found on POOL SCHEDULE

<u>MONDAYS</u>	<u>TUESDAYS</u>	<u>WEDNESDAYS</u>	<u>THURSDAYS</u>	<u>FRIDAYS</u>	<u>SATURDAYS</u>	<u>SUNDAYS</u>
<u>AM</u> <u>Move and Groove</u> 9:45 -10:30am (Jan)	<u>AM</u> <u>Core, More &amp; Stretch</u> 10-11am (Jane)	<u>AM</u> No Classes	<u>AM</u> <u>Move and Groove</u> 9-9:45am (Jan)	<u>AM</u> <u>Pilates</u> 10-11am (Kay)	<u>AM</u> <u>Yoga I</u> 10:15-11:15 am (Hampton)	
<u>PM</u> <u>Pure Body Strength</u> 12-12:45pm (Jan)	<u>PM</u> <u>HIIT</u> 12-12:45pm (Yael)	<u>PM</u> <u>LIIT</u> 6-7pm (Jody)	<u>PM</u> <u>Yoga I/II</u> 10:30-11:30am (Hampton)	<u>PM</u> No Classes		
<u>Vinyasa Yoga II/III</u> 6-7pm (Sarah)	<u>Cycle Class</u> 5:25-6:10pm (Jody)		<u>Pure Body Strength</u> 12-12:45pm (Jan)			
			<u>Cycle Class</u> 5:25-6:10pm (Yael)			
			<u>Yoga II/III</u> 6:30-7:30pm (Yael)			

**Hours of operation**  
Monday – Thursday: 7am-9pm  
Friday: 7am-8pm  
Saturday: 8am-5pm  
Sunday: 1pm-5pm

## IMPORTANT INFORMATION

All fitness classes are being held with no reservations - class passes available at front desk 30 minutes prior to class start time.

Masks are required at all times in YWCA’s communal spaces, except while stationed on a piece of fitness equipment or in a designated spot for a group fitness class and exercising vigorously. Social distancing is required at all times.

All fitness classes are being held in the multipurpose room with no more than 8 participants inside.

Instructors have the option to take their class outside or open MP room doors for outside participation.

Other rooms capacity: Cardio room –8 , Weight room –6, Yoga studio (extra space for member use ) -5, Cycle studio -2

## CLASS DESCRIPTIONS

(As of 9/14/20, all classes are held in multipurpose room until further notice.)

- **Core, More & Stretch:** A low-intensity mat workout focusing on core strength ending with a long, relaxing stretch.
- **Cycle Class:** This class is a high intensity cardio workout set on a specialized stationary bike.
- **HIIT (High Intensity Interval Training):** This class improves muscular and cardiovascular strength and endurance, using weights and various impact level cardio moves.
- **LIIT (Low Impact Interval Training):** This class improves muscular and cardiovascular strength and endurance, using weights and low impact cardio moves.
- **Move and Groove:** A low-intensity chair and standing class focusing on flexibility and strength. Great for those suffering with joint issues.
- **Pilates:** Low-impact exercises that focus on core strength, flexibility and long, lean muscles in the whole body.
- **Pilates: Core & More:** Tone, sculpt, and lengthen with this low impact workout utilizing your own body weight, bands, light weights, and more. Focusing on core strength, this class will improve stability and posture.
- **Pure Body Strength:** This is a low/no cardio sculpting class designed to cover every muscle group thoroughly, using weights
- **Yoga I:** Beginner friendly. Classes go through traditional yoga postures and stretches.
- **Yoga I/II:** A flow style yoga, combines movements with some traditional yoga postures.
- **Vinyasa Yoga II/III:** A flow style yoga, a little faster pace combined with some traditional yoga postures.