

# November Class Schedules

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	<b>MP Room:</b> Multi-Purpose Room		<b>Class Choreography Level:</b> S = Simple I = Intermediate A = Advanced			<b>Class Intensity Level:</b> 1 = Low 2 = Med 3 = High	
<b>SPIN</b> <small>Spin Room P</small>	6 – 6:45 am Shawn 8 – 8:45 am Shawn 6 – 6:45 pm Jody	6 – 6:45 pm Shawn	8 – 8:45 am Diane	5:30 – 6:15 pm Trinity	8 – 8:45 am Diane	*See event calendar for time Rotating Instructors	No Class
<b>PILATES / YOGA</b> <small>Rooms vary</small>	<b>Pilates Fusion</b> 10-11 am Julianna-MP Room  <b>II/III Vinyasa Yoga</b> 6-7 pm Leah-Studio	<b>Deep Stretch</b> 9:15 am – 10:15 am Jane-Studio  <b>Align &amp; Refine Yoga I/II</b> 10:30am – 11:45 am Debi-Studio  <b>Yoga I</b> 6-6:55 pm Hampton-Studio	<b>Pilates</b> 6am – 6:55am Shawn  <b>Pilates</b> 10-11 am Anne-MP Room  <b>Vinyasa Yoga II/III</b> 6-6:55 pm Yael-Studio	<b>Yoga I/II</b> 10:30-11:30 am Leslie-Studio  <b>Yoga I</b> 6-6:55 pm Mary-Lou - Studio	<b>Pilates</b> 10-11 am Katy-MP Room	<b>Yoga: Exploring the Details</b> 10-11:20 am Hampton Studio	<b>Deep Stretch</b> 4pm – 4:55 pm Jane <i>(Occasional Pop-Up)</i>
<b>CARDIO / STRENGTH</b> <small>Rooms vary</small>	<b>Cardio Strength</b> 6-6:55pm Drew-MP Room	<b>Cardio Strength</b> 6-6:55am Alex (MP Room)  <b>Pyramid Plus</b> 12:15-1 pm Drew -MP Room	<b>Tabata</b> 11:10-11:50am Julianna-MP Room  <b>Cardio Strength</b> 6-6:55 pm Jody-MP Room		No Class	No Class	No Class

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>TONE &amp; TIGHTEN</b> Rooms Vary	<b>Move &amp; Groove</b> 9-9:45 am Shawn-MP Room	<b>Glutes &amp; Abs</b> 5:30-5:50 pm Shawn -Studio	<b>Move &amp; Groove</b> 9am – 9:45am Drew – MP Room		<b>Move &amp; Groove</b> 9-9:45 am Yael-MP Room	No Class	No Class
<b>POOL</b>	<b>H2O Dynamics: Deep Water</b> 8-8:50 am Debbie  <b>H2O Dynamics: Shallow Water</b> 9-9:50 am Drew  <b>Power Hour</b> 10-10:50 am Drew  <b>Swim Lessons</b> 3:30 – 5:50 pm	<b>Deep Water Fun &amp; Fitness</b> 8-8:50 am Debbie  <b>Arthritis Energizer</b> 9am – 9:50 am Cynthia  <b>Swim Lessons</b> 3:30 – 6 pm  <b>Aqua Boxing</b> 6pm – 6:50 pm Drew	<b>H2O Dynamics: Deep Water</b> 8-8:50 am Debbie  <b>H2O Dynamics: Shallow Water</b> 9-9:50 am Debbie  <b>Power Hour</b> 10-10:50 am Shelley  <b>Swim Lessons</b> 3:30 – 5:50 pm  <b>Aqua Cardio</b> 6pm – 6:45 pm Shelley	<b>Deep Water Fun &amp; Fitness</b> 8-8:50 am Debbie  <b>Aqua Yoga</b> 9am – 10 am Leslie  <b>Swim Lessons</b> 3:30 – 6 pm	<b>H2O Dynamics: Shallow Water</b> 9-9:50 am Shelley  <b>Power Hour</b> 10-10:50 am Shelley	<b>Aqua Boxing</b> 9-9:50 am Drew  <b>Swim Lessons</b> 9 – 12pm	No Class

**Information and Notices**

- Class descriptions available online and in the Fitness Catalog. See Pop-Up classes on monthly event calendar online, at the Front Desk and posted throughout the building.
- Please Contact: [icanfield@ywcacentralcarolinas.org](mailto:icanfield@ywcacentralcarolinas.org) to arrange prenatal yoga classes. Minimum of 3 people required to hold class. *\$10 per person.*
- We encourage members to bring their own yoga mats, however we do have free mats available for in-class use. Please clean mats after use. Mats are also available for purchase through the [YWCA Market](https://lknprints.com/YWCA). (https://lknprints.com/YWCA)
- Please view online calendar for aquatics events.
- P= Pass Required. Class passes are available 30 minutes prior to class at the front desk. First come, first serve.
- Sign up at the YW Fitness Table to receive weekly updates.

