



# AUGUST 7 – AUGUST 31

# GROUP EXERCISE SCHEDULE KANNAPOLIS BRANCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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## AM CLASSES

7-7:45am Run Club (FH) Outdoor area	8-8:45am Bootcamp (JS) Outdoor area	8:30- 9:15am Circuits (EG) Outdoor area	9:30-10:15 am Bootcamp (FH) Outdoor Area	Total Run and Strength 8:15 - 9:00 a.m. Run 9:00—9:30 Strength Outdoor Area	9-9:45am Bootcamp (JS) Outdoor Area
8:30- 9:15am Circuits (EG) Outdoor area	10:15-11:00 am Intervelocity <a href="https://global.gotomeeting.com/join/959106573">https:// global.gotomeeting.com/ join/959106573</a>		10:30-11:30am Silver Sneaker Circuit with (DD) <a href="https://global.gotomeeting.com/join/184061781">https:// global.gotomeeting.com/ join/184061781</a>		
6-6:45pm Spinnercise (Cycle) (SF) Outdoor Area	5:45-6:45pm HardCore Kickboxing (MS) Outdoor Area	6-6:45pm pm HITT 25 (MS) Outdoor Area	5:45-6:45pm Body Blaster (SF) Outdoor Area	<p><b>CONTACT</b></p> <p>Ethan Garrison, Healthy Living Director: egarrison@rocabymca.org P 704 939 9622 x128</p> <p>More Information? Check out our website now! <a href="http://www.rocabymca.org">www.rocabymca.org</a></p>	
	6-7:00pm Gentle Flow Yoga (FH) <a href="https://global.gotomeeting.com/join/925124677">https:// global.gotomeeting.com/ join/925124677</a>				
	5:45 pm Zumba (MP)  Join Zoom Meeting <a href="https://us02web.zoom.us/j/2788758077?pwd=NTFkaVIMY0w1TW1lejlBQ0V5S0lzd09">https://us02web.zoom.us/ j/2788758077? pwd=NTFkaVIMY0w1TW1lejl BQ0V5S0lzd09</a>  Meeting ID: 278 875 8077 Password: 123456		5:45 pm Zumba (MP)  Join Zoom Meeting <a href="https://us02web.zoom.us/j/2788758077?pwd=NTFkaVIMY0w1TW1lejlBQ0V5S0lzd09">https://us02web.zoom.us/ j/2788758077? pwd=NTFkaVIMY0w1TW1lejl BQ0V5S0lzd09</a>  Meeting ID: 278 875 8077 Password: 123456		

## WARNING/DISCLAIMER:

### COVID-19 PANDEMIC IS ONGOING:

The novel coronavirus, COVID-19, is an extremely contagious virus that spreads easily through person-to-person contact. Federal and state authorities recommend social distancing as a means to prevent the spread of the virus. COVID-19 can lead to severe illness, personal injury, permanent disability, and death. Participating in this organization's programs or accessing our facilities could increase the risk of contracting COVID-19. This organization in no way warrants that COVID-19 infection will not occur through participation in our programs or accessing our facilities.

## INSTRUCTOR LIST

DD - Dawn Davis  
EB- Earlene Bost  
FH- Felicia Hall  
JB - Jennifer Brown  
JC - Jim Curtin  
JS- Jillian Sheppard  
MS - Michelle Sides  
SF - Silvia Freeman  
TM-Theresa Miller

## HOW TO RESERVE YOUR SPOT?

There is a limited class capacity for all classes to ensure your safety and proper social distancing. All walk-ins are not guaranteed as classes can fill up quickly. Reservations will be taken 24 hours ahead and up to 1 before the class begins.

Call 704.939.9622 to reserve your spot.

\* Make sure you check with membership to update your account.

## GROUP EXERCISE UPDATES AND PROCEDURES

- Allow extra time upon arrival.
- All participants will need to bring their own water bottle and mat for classes.
- Restrooms will be accessible during class times.
- All members will be required to sign and update their account prior to class.
- Virtual Class links are through GoTo meeting, will stay the same.
- **Inclement Weather:** If a class must be canceled due to weather we will announce the cancellation 1 hour before class on multiple platforms. We will do our best to offer a virtual class via Facebook live on our Kannapolis Community page during this time. Information will be provided.
- All participants must be 13 years old.
- 13-15 require a parent or guardian to be present in the class.

You can also check out the virtual options at other branches!