



OCTOBER 1-31 |

GROUP EXERCISE SCHEDULE KANNAPOLIS BRANCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7-7:45am Run Club (FH) Outdoor area	9:30-10:15am Bootcamp (JS) Multi-purpose room	8:30- 9:15am Circuits (EG) Multi-purpose room	9:30-10:15 am Bootcamp (FH) Outdoor Area / Multi- purpose room	Total Run and Strength 8:15 - 9:00 a.m. -Run 9:00—9:30 -Strength Outdoor Area / Multi-purpose room	8-9am Bootcamp (JS) Multi-purpose room
8:45-9:30am HIIT (TS) Multi-purpose room	10:15-11:00 am Intervelocity https:// global.gotomeeting.com/ join/959106573		10:30-11:30am Silver Sneaker Circuit with (DD) https:// global.gotomeeting.com/ join/184061781		
10:00- 11:00 a.m. Silver Sneaker Boom Move (DD) https:// global.gotomeeting.com/ join/183554053	5:45-6:30pm HardCore Kickboxing (MS) Outdoor Area	6-6:45pm pm HITT 25 (MS) Multi- purpose room	5:45-6:45pm Body Blaster (SF) Multipurpose	CONTACT Lauren Harrington, Health and Wellness Director lharrington@rocabymca.org P 704 939 9622 x128 More Information? Check out our website now! www.rocabymca.org See back for details!	
6-6:45pm Spinnercise (Cycle) (SF) Multi- purpose room			5:45-6:45pm Zumba (Maria) https:// us02web.zoom.us/ j/2788758077 Meeting ID: 278 875 8077 Passcode: 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
TS-Tricia Strickland

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 or visit our website www.rocabymca.org

* 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!