



SEPT 14-30

GROUP EXERCISE SCHEDULE WEST CABARRUS BRANCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8-8:45am Bootcamp (Traci) STUDIO A	5:30-6:15am Cycle (John) STUDIO A	8-8:45am Bootcamp (Traci) Meet at the main entrance	5:30-6:15am Cycle (John) STUDIO A	9-10am Easy Does It (Elizabeth) Meet at the main entrance	8-9am Cycle (Janie) Meet at back entrance. Reservation required.
9-9:45am Barre (Gigi) https://global.gotomeeting.com/join/897736437	8:30-9:15am Total Strength (Deanne) STUDIO A	9-9:45am Barre (Gigi) https://global.gotomeeting.com/join/871324541	8:30-9:15am Cardio Blast STUDIO A	9:30-10:15am HIIT (Nicole) STUDIO A	8:15-9am Rotation Meet at the main entrance. Format to be announced on the WC Community FB page and Daxko app
10-10:45am Zumba Gold (Mirna) ZOOM MEETING Link will be posted on FB	9:30-10:30am Yoga (Kelly) Meet at the main entrance	9:30-10:30am Cardio Dance (Stacy) STUDIO A	8-8:45am Cardio/Strength (Gigi) https://global.gotomeeting.com/join/617154765		OUTDOOR CLASSES IN BLUE STUDIO A CLASSES IN GREEN VIRTUAL CLASSES IN RED
11-11:45pm Fit over 50 (Helen) Harrisburg YMCA Community Facebook Live	10:45-11:45am Silver Sneakers Classic and Chair Yoga (Kelly) West Cabarrus YMCA Community Facebook Live	10-10:45pm Fit over 50 (Elizabeth) Harrisburg YMCA Community Facebook Live	9-10am Barre (Lauren/Lisa) Meet at the main entrance		
5:45-6:30pm Strong Nation (Lorena) Check for link weekly on Facebook	5:30-6:15pm MIXXED Fit (Sandra) HB YMCA and Harrisburg YMCA Community FB Live		10-10:45am Zumba Gold (Mirna) ZOOM MEETING Link will be posted on FB		<div style="background-color: #008080; color: white; padding: 10px; text-align: center;"> <p>Questions? Contact: Amy Hoffner Healthy Living Director 704.795.9622 x219 ahoffner@rocbmca.org</p> </div>
6-6:45pm Total Strength (Bree) STUDIO A	5:45-6:45pm Zumba (Maria) https://us02web.zoom.us/j/2788758077 Meeting ID: 278 875 8077 Passcode: 123456	6-7pm Zumba (Lorena) Check for link weekly on Facebook and LIVE IN STUDIO A	5:45-6:45pm Zumba (Maria) https://us02web.zoom.us/j/2788758077 Meeting ID: 278 875 8077 Passcode: 123456	5-6pm Zumba (Lorena) Check for link weekly on Facebook and LIVE IN STUDIO A	
6:15-7:15pm Yoga (Kelly) Scan your card inside and meet at the back entrance	6-6:45pm HIIT (Laura) STUDIO A	6:15-7:00pm Cycle (John) Meet at back entrance. Reservation required.	6-6:45pm Cardio Mix (Vanishea) STUDIO A		