



# NOVEMBER

## GROUP EXERCISE SCHEDULE WEST CABARRUS BRANCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30am Cardio/Strength (Stacy) STUDIO A	5:30-6:15am Cycle (John) STUDIO B** Location Change	8:30-9:30am Bootcamp (Cadareus) GYM A	5:30-6:15am Cycle (John) STUDIO A	8:30-9:30am Step (Laura) STUDIO B	8-8:45am Yoga (AD) <a href="https://global.gotomeeting.com/join/688358277">https://global.gotomeeting.com/join/688358277</a>
8:30-9:30 Bootcamp (Cadareus) STUDIO A	9:15-10:15am Total Strength (Deanne) STUDIO A	9:30-10:30am Barre (Gigi) <a href="https://global.gotomeeting.com/join/871324541">https://global.gotomeeting.com/join/871324541</a>	9-10am Barre (Lauren/Lisa) STUDIO B	9:30-10:30am HIIT (Nicole) STUDIO A	8:15-9:15am Cycle (Janie) STUDIO B
10-11am Zumba Gold (Elizabeth) GYM A	9:30-10:30am Yoga (Kelly) STUDIO B	9:30-10:30am Cardio Dance (Stacy) STUDIO A	9:30-10:30am Cardio Blast (Deanne) STUDIO A	10-11am Zumba Gold (Elizabeth) GYM A	8:15-9:15am Cardio/Strength Format (Rotating Instructor)
11-11:45am Fit over 50 (Helen) Harrisburg YMCA Community Facebook Live	10:45-11:30am Silver Sneakers Classic (Kelly) Studio B and FB Live	10:30-11:15am Fit over 50 (Elizabeth) Harrisburg YMCA Community Facebook Live	10-10:45am Zumba Gold Toning (Mirna) ZOOM MEETING Link will be posted on FB		10am BARRE (Lisa) STUDIO A ***Starts Nov 14th
5:30-6:15pm Cycle (Elizabeth) TOP ENTRY	11:30-12:15pm Silver Sneakers Chair Yoga (Kelly) Studio B and Facebook Live		5:30-6:15pm Yoga with Linda <a href="https://global.gotomeeting.com/join/950161709">https://global.gotomeeting.com/join/950161709</a>		<p>NEW CLASS PURPLE OUTDOOR BLUE INDOOR GREEN</p> <p>VIRTUAL CLASSES RED For Virtual Classes-all links will be posted on the West Cabarrus YMCA Community Facebook page.</p>
5:45-6:30pm Strong Nation (Lorena) GYM B				5:45-6:45pm Zumba (Lorena) Check for link weekly on Facebook and LIVE IN STUDIO A	
6-6:45pm Total Strength (Bree) STUDIO A	5:30-6:15pm MIXXED Fit (Sandra) Harrisburg YMCA Community FB Live	6-7pm Zumba (Lorena) Check for link weekly on Facebook and LIVE IN STUDIO A	6-6:45pm Cardio Mix (Vanishea) STUDIO A		
6:15-7:15pm Yoga (Kelly) STUDIO B	6-6:45pm HIIT (Laura) STUDIO A	6:15-7:00pm Cycle (John) STUDIO B	6:30-7:30pm Zumba (Maria) Studio B and Virtual Zoom ID 278 875 8077 PW: 123456		

Questions? Contact:  
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