



# DECEMBER

## 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	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 (Rotating) STUDIO A	9:30-10:30am Total Strength **NEW TIME (Deanne) STUDIO A	9:30-10:30am Barre (Gigi) <a href="https://global.gotomeeting.com/join/871324541">https://global.gotomeeting.com/join/871324541</a>	9:30-10:30am Barre (Lauren/Lisa) **NEW TIME STUDIO B	9:30-10:30am HIIT (Nicole) STUDIO A	8:15-9:15am Cycle (Janie) STUDIO A
9:30-10:30am HIIT (Deanne) STUDIO B	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)
10-11am Zumba Gold (Elizabeth) GYM A	10:45-11:30am Silver Sneakers Classic (Kelly) Studio B and FB Live	10:45-11:30am 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
11:30am-12:15pm Fit over 50 (Helen) Harrisburg YMCA Community Facebook Live	11:30-12:15pm Silver Sneakers Chair Yoga (Kelly) Studio B and Facebook Live		11-12pm Silver Sneakers Classic (Kelly) Studio A		<p><b>NEW CLASS PURPLE</b> <b>INDOOR GREEN</b> <b>VIRTUAL CLASSES RED</b></p> <p>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			5:30-6:15pm Yoga with Linda <a href="https://global.gotomeeting.com/join/950161709">https://global.gotomeeting.com/join/950161709</a>	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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