



MAY

GROUP EXERCISE SCHEDULE WEST CABARRUS BRANCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30-6:30am Cardio/ Strength (Stacey) STUDIO A	5:30-6:15am Cycle (John) STUDIO A	8:30-9:30am Bootcamp (Cadarreus) GYM A	5:30-6:15am Cycle (John) STUDIO A	8:15-9:15am Step (Laura) STUDIO A	8-8:45am Yoga (Andrea) https:// global.gotomeeting.com/ join/688358277
8:15-9:15 Bootcamp (Allie) STUDIO A	8:30-9:15am Strong Nation (Lauren) STUDIO A		9:30-10:30am Barre (Lisa) STUDIO A	9:30-10:30am HIIT (Nicole) STUDIO A	8:15-9:15am Cycle (Janie) STUDIO A
9:30-10:30am HIIT (Nicole) STUDIO A	9:30-10:30am Total Strength (Deanne) STUDIO A	9:30-10:30am Cardio Dance (Stacy) STUDIO A	9:30-10:15am Cycle (Amy) STUDIO B	10:30-11:30am Zumba Gold (Elizabeth) GYM A	8:15-9:15am Cardio/ Strength Format (Rotating Instructor) STUDIO B
9:30-10:30am Yoga (Allie) STUDIO B	9:30-10:30am Yoga (Kelly) STUDIO B	10:30-11:30am Foam Roller Massage/Release (Susan) Studio B	11-12pm Silver Sneakers Classic (Kelly) STUDIO A		10am BARRE (Lisa) STUDIO A
10:30-11:30am Easy Does It Cardio (Elizabeth) GYM A	10:45-11:30am Silver Sneakers Classic (Kelly) STUDIO A	11-12pm Silver Sneakers Circuit (Kim) STUDIO A	12:15-1:15pm Chair Yoga (Jim) STUDIO A		11-12pm Zumba (Lorena) Virtual ONLY *May 8 and 22 ONLY
5:30-6:20pm Zumba (Lorena) STUDIO B	11:30-12:15pm Silver Sneakers Chair Yoga (Kelly) STUDIO A		5:30-6:15pm Yoga (Linda) https:// global.gotomeeting.com/ join/950161709	5:45-6:45pm Zumba (Lorena) STUDIO A	<p>INDOOR GREEN VIRTUAL CLASSES RED NEW CLASS PURPLE</p> <p>Questions? Contact: Amy Hoffner Healthy Living Director 704.795.9622 x219 ahoffner@rocabmca.org</p>
5:45-6:45pm Total Strength (Bree) STUDIO A	5:30-6:15pm MIXXED Fit (Sandra) HARRISBURG YMCA COMMUNITY FB LIVE	5-5:50pm Barre/Yoga (Xia) https:// global.gotomeeting.com/	6-7pm Total Strength (Vanishea) STUDIO A		
6:30-7:30pm Yoga (Kelly) STUDIO B	6-6:45pm HIIT (Laura) STUDIO A	6:45-6:45pm Strong Nation (Lorena) STUDIO A	6:30-7:30pm Yoga (Tina) STUDIO B		
7-8pm Cardio Dance (Vanishea) STUDIO A		6:15-7:00pm Cycle (John) STUDIO B			