



Kannapolis YMCA  
September 22nd - September 28th

101 YMCA Drive  
KANNAPOLIS, NC 28081  
(704) 939-9622

	TUE 22	WED 23	THU 24	FRI 25	SAT 26	SUN 27	MON 28
7am							<b>Run Club</b> Outdoor Area Felicia Hall 7am - 7:45am
8am	<b>Boot camp and Circuits</b> Gym Jillian Sheppard 8am - 8:45am			<b>Total Run and Strength</b> Outdoor Area Felicia Hall 8:15am - 9:30am			
9am			<b>BOOTCAMP</b> Gym Felicia Hall 9:30am - 10:30am		<b>BOOTCAMP</b> Aerobics Room Jillian Sheppard 9am - 10am		
10am	<b>Virtual Interverocity</b> Virtual Class Dawn Davis 10am - 10:45am		<b>Virtual Silver Sneakers Circuit</b> Virtual Class Dawn Davis 10:30am - 11:30am				
5pm	<b>Hard Core Kickboxing</b> Gym Michelle Sides 5:45pm - 6:30pm		<b>Body Blaster</b> Outdoor Area Silvia Freeman 5:45pm - 6:45pm				
6pm		<b>HIIT25</b> Outdoor Area Michelle Sides 6pm - 6:45pm					<b>Spinnercize (cycle)</b> Outdoor Area Silvia Freeman 6pm - 6:45pm

Please note that all classes are subject to change due to demand and participation. For your safety, it is recommended you consult your physician prior to starting any exercise program.