



West Cabarrus YMCA
September 22nd - September 28th

5325 Langford Avenue
CONCORD, NC 28027
(704) 795-9622

	TUE 22	WED 23	THU 24	FRI 25	SAT 26	SUN 27	MON 28
5am	Cycle Studio A John Zenger 5:30am - 6:15am		Cycle Studio A John Zenger 5:30am - 6:15am				
8am	Total Strength Studio A Deanne Goldberg 8:30am - 9:15am	BOOTCAMP Front Parking Lot Traci Cox 8am - 8:45am	Cardio & Strength Virtual classes Gigi Berg 8am - 8:45am		Cycle Front Parking Lot Janie Bostian 8am - 9am		BOOTCAMP Studio A Traci Cox 8am - 8:45am
			Cardio Blast Studio A Deanne Goldberg 8:30am - 9:15am		STRONG Nation Studio A Lorena Cumminskey 8:15am - 9am		
9am	Yoga Front Parking Lot Kelly Bost 9:30am - 10:30am	Barre Virtual classes Gigi Berg 9am - 9:45am	Barre Front Parking Lot Lisa Niblock 9am - 10am	Easy Does It Front Parking Lot Elizabeth Onia 9am - 10am	Sailfish (lanes 1-5) Lap Pool 9:15am - 1:15pm		Barre- Virtually Monday Virtual classes Gigi Berg 9am - 9:45am
		Cardio Dance Studio A Stacy Vanhook 9:30am - 10:30am		HIIT Studio A Nicole Smith 9:30am - 10:15am			
10am	Virtual Silver Sneakers Classic Virtual classes Kelly Bost 10:45am - 11:15am	Fit over 50 Virtual classes Elizabeth Onia 10am - 10:45am	Zumba Gold Virtual classes Mirna Costa 10am - 10:45am				Zumba Gold Virtual classes Mirna Costa 10am - 10:45am
11am	Chair Yoga Virtual classes Kelly Bost 11:15am - 11:45am						Fit over 50- Mondays Virtual classes Helen Morse 11am - 11:45am
1pm					Family Swim Family Fun Pool 1:15pm - 4pm	Family Swim Family Fun Pool 1pm - 5pm	
						Lap Swim Lap Pool 1pm - 5pm	
						Family Swim Family Fun Pool 1pm - 5pm	
2pm	Sailfish (lanes 1-5) Lap Pool 2:45pm - 8:45pm	Sailfish (lanes 1-5) Lap Pool 2:45pm - 8:45pm	Sailfish (lanes 1-5) Lap Pool 2:45pm - 8:45pm	Sailfish (lanes 1-5) Lap Pool 2:45pm - 7pm			Sailfish (lanes 1-5) Lap Pool 2:45pm - 8:45pm
				Sailfish (lanes 1-5) Lap Pool 2:45pm - 7pm			
4pm	Sailfish Academy Family Fun Pool 4pm - 9pm		Sailfish Academy Family Fun Pool 4pm - 9pm				
5pm	Open Swim - Zero Depth Area Family Fun Pool 5pm - 9pm		Open Swim - Zero Depth Area Family Fun Pool 5pm - 9pm	Zumba Studio A Lorena Cumminskey 5:45pm - 6:45pm			STRONG Nation Virtual classes Lorena Cumminskey 5:45pm - 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.



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	TUE 22	WED 23	THU 24	FRI 25	SAT 26	SUN 27	MON 28
6pm	Zumba Virtual classes Maria Pahang 5:45pm - 6:45pm		Zumba Virtual classes Maria Pahang 5:45pm - 6:45pm				
	HIIT Studio A Laura Myers 6pm - 6:45pm	Zumba Studio A Lorena Cumminskey 6pm - 7pm	Yoga Virtual classes Linda Dunham 6pm - 6:45pm				Total Strength Studio A Bree Stillings 6pm - 6:45pm
		Cycle Front Parking Lot John Zenger 6:15pm - 7pm	Stroke Clinic Family Fun Pool 6pm - 7pm				Yoga Front Parking Lot Kelly Bost 6:15pm - 7:15pm
			Cardio Mix Studio A Vanishea Propst 6pm - 6:45pm				

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