



NOVEMBER

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		5:30-6:15am Cycle (John) STUDIO A		
8:15-9:15am Box and Burn (Laura) STUDIO A	8:15-9:15am Cardio Blast (Laura) STUDIO A	8:30-9:15am Boot Camp (Vicki) STUDIO A	8:30-9:15am Total Strength (Vicki) STUDIO A	8:15-9:15am Step (Laura) STUDIO A	8:15-9:15am Cycle (Janie) STUDIO B
9:30-10:30am Abs, Booty, & Cardio (Nicole) STUDIO A	9:30-10:30am Total Strength (Teresa) STUDIO A	9:30-10:30am Total Strength (Teresa) STUDIO A	9:30-10:30am Barre (Lisa) STUDIO A	9:30-10:30am HIIT (Nicole) STUDIO A	8:15-9:15am Cardio & Strength (Rotating Instructor) STUDIO A
9:30-10:30am Gentle/ Deep Stretch Yoga (Andrea) STUDIO B	9:30-10:30am Basic Yoga Flow (Kelly) STUDIO B	10-11am Foam Roller Massage/Release (Monica) STUDIO B	9:30-10:15am Cycle (Amy) STUDIO B	9:30-10:30am Gentle/Deep Stretch Yoga (Andrea) STUDIO B	10-11am BARRE (Lisa) STUDIO A
10:30-11:30am Dance Fusion (Cathie) GYM A	10:45 -11:45am Pilates (Monica) STUDIO B	10:45-11:45am Silver Sneakers Classic (Kelly) STUDIO A		10:45-11:45am Zumba Gold (Elizabeth) GYM A	<u>The Saturday 8:15am Cardio & Strength class will rotate instructors. Please see the YMCA360 APP to see which instructor is teaching a specific Saturday.</u> Questions? Contact: Deanne Goldberg Group Exercise Coord. 704.795.9622 x6108 Wcgroupex@rocabymca.org
10:45-11:45am Silver Sneakers Circuit (Barbara) STUDIO A	10:45-11:30am Silver Sneakers Classic (Kelly) STUDIO A	12-12:45pm Silver Sneakers BOOM MOVE (Cathie) STUDIO A	10:45am-11:45am Basic Yoga Sculpt (Andrea) STUDIO B		
12:00-1:00pm Silver Sneakers Classic (Barbara) STUDIO A	11:30-12:15pm Chair Yoga (Kelly) STUDIO A		11-12pm Silver Sneakers Classic (Kelly) STUDIO A		
5:45-6:45pm Total Strength (Vicki) STUDIO A	12:30-1:30pm Silver Sneakers Circuit (Alma) STUDIO A	6-6:45pm Cycle (John) STUDIO B	12:15-1:15pm Chair Yoga (Jim) STUDIO A	6-6:50pm REFIT (Jill) STUDIO A	
5:45-6:30pm Cycle (Elizabeth) STUDIO B	5:15-5:50pm REFIT Express (Jill) STUDIO A	6-6:55pm Xtreme Hip Hop® with Amber STUDIO A	1:30-2:30pm Tai Chi (Jim) STUDIO A	With the YMCA360 APP you have to ability to check-in with your phone, reserve your spot for classes, view all facility schedules, receive facility notifications + access hundreds of on-demand and live classes! No matter where you are, the Y is there for you! Scan the QR code to download the YMCA360 mobile app! **You will need a valid email address listed on your membership file, stop by the membership desk to confirm or update your email address. 	
6:45-7:45pm Yoga Fusion (Natela) STUDIO B	6-7pm Cardio Blast (Laura) STUDIO B	7:05-8:05pm Basic Yoga Flow (Natela) STUDIO A	5:00-5:45pm Zumba (Cathie) STUDIO A		
7-8pm Cardio Dance (Vanishea) STUDIO A	6:00-7:00pm BARRE (Abby) STUDIO A		6-6:45pm Total Strength (Vanishea) STUDIO A		
	7-8pm Dance & Sculpt (Taqwanda) STUDIO A		6:30-7:30pm Yoga Fusion (Jayme) STUDIO B		

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