



FEBRUARY

GROUP EXERCISE SCHEDULE WEST CABARRUS BRANCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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AM CLASSES

Cardio & Strength 5:30-6:30am (SL)	Cycle 5:30-6:15am (JZ)	Cycle 5:30-6:15am (SL)	Cycle 5:30-6:15am (JZ)	Step 8:30-9:25am (LM)	Cardio Blast (BS) 8:15-9:15am (2/2)
Cycle 8:15-9:15am (SM)	BARRE 8:30-9:25am (YR)	Cross Training 8:30-9:15am (KL)	Cycle 8:30-9:15am (AH)	BARRE 8:30-9:25am (YR)	STRONG by Zumba (LC) 8:15-9:15am (2/9 & 2/23)
Strength Circuits 8:40-9:25am (AH)	STRONG by Zumba 8:30-9:30am (LC)		Cardio Blast 8:30-9:25am (DG)	HIIT 9:30-10:20am (NS)	Special - Boot Camp (2/16) 8:15-9:45am (90 minutes)
Zumba® 9:30-10:30am (SE)	HIIT 9:30-10:30am (DG)	Cross Training 9:30-10:15am (KL)	Core Restore Pilates 9:30-10:30am (SP)	Zumba® 9:30-10:30am (SE)	Cycle 8:30-9:30am (JB)
Cardio & Strength 9:30-10:30am (DG)	Yoga 9:30-10:30am (MS)	Cardio Dance 9:30-10:30am (SV)	Total Strength 9:30-10:30am (KV)	Yoga 9:30-10:30am (YR)	Power Yoga 9:30-10:30am (YR)
Pilates 9:35-10:35am (SM)		Yoga Fusion 10:30-11:30am (AD)		Foam Roller Massage 10:30-11:30am (SP)	BARRE 10:45-11:45am (LN)
Gentle Yoga 10:30-11:30am (AD)	Easy Does It Cardio 10:45-11:45am (EO)	Zumba Gold® 10:30-11:30am (EO)		Zumba Gold® 10:35-11:35am (EO)	

PM CLASSES

SilverSneakers® Classic 12:00-1:00pm (KV)			SilverSneakers® Classic 12:00-1:00pm (KB)	
Cycle 12:00-1:00pm (SM)		Cycle 12:00-1:00pm (SM)	Chair Yoga 1:15-2:00pm (KB)	Cycle 12:00-1:00pm (SM)
SilverSneakers® Circuit 1:15-2:15pm (KV)	Tai Chi 2:15-3:15pm (JC)		Tai Chi 2:15-3:15pm (JC)	
Cycle 5:40-6:30pm (EN)	Step 5:45-6:40pm (LM)		Total Strength 5:45-6:45pm (BS)	
STRONG by Zumba® 5:45-6:40pm (LC)	BARRE 6:00-6:55pm (LN)	Cycle 5:45-6:30pm (JZ)	Gentle Yoga 6:00-6:55pm (JC)	Cycle 5:45-6:30pm (JZ)
Box & Burn 6:45-7:45pm (LM)	Total Strength 6:45-7:45pm (VP)	HIIT 5:50-6:45pm (LM)	MixedFit® 6:50-7:50pm (VP)	Yoga 5:45-6:45pm (HP)
Yoga 6:50-7:50pm (KB)	Yoga 7:05-8:05pm (AH)	Zumba® 6:50-7:50pm (JE)	INSANITY 7:00-7:45pm (LB)	

Questions? Contact:
Deanne Goldberg
Group Exercise
Coordinator
704.795.9622 x223
wcgroupex@cannonymca.org

LOCATION KEY
GRAY - STUDIO A
ORANGE - STUDIO B
BLUE - GYM

INSTRUCTOR LIST

AH - Amy Hoffner	LB - LaRhonda Bryson
AD - Andrea Deese	LM - Laura Myers
AH - Angela Hernandez	LN - Lisa Niblock
BS - Bree Stillings	LC - Lorena Cummiskey
DG - Deanne Goldberg	MS - Michelle Siner
EN - Elizabeth Northrup	NS - Nicole Smith
EO - Elizabeth Onia	SB - Sarah Busby
HP - Helen Partridge	SE - Sifa Edwards
JB - Janie Bostian	SL - Stacey Lockman
JE - Jennifer El-Abbadi	SV - Stacy Vanhook
JC - Jim Curtin	SM - Stephanie Mishler
JZ - John Zenger	SP - Susan Pollack
KL - Kandie Lambert	VP - Vanishea Propst
KB - Kelly Bost	YR - Yvonne Rodriguez
KV - Kim Voelker	

SPECIALS AND CHALLENGES THIS MONTH

Join us for a Post-Valentine's Day Boot Camp!

Saturday, February 16 | 8:15-9:45am | Gym B

Bring your Significant Other, Best Friend or Buddy for a post-Valentine's Day Boot Camp! This class will be a 90 minute mix of Cardio, Strength and STRONG by Zumba.

The **Football Frenzy Fitness Challenge** continues through February 8. Keep working hard!

CLASS DESCRIPTIONS

Found in three locations:

1. Bulletin Boards outside of the Group Exercise Studios.
2. On the Cannon Memorial YMCA website under Schedules: cannonymca.org.
3. On the Cannon Memorial App, under West Cabarrus Schedules.