

May Fitness Classes

Earn ALL IN TO WIN prize drawing entries!

* Receive 1 entry for every 4 classes attended (any location & YWCA Work out Wednesdays)*

LOCATION	CLASS	DAY/TIME	FEE	CONTACT
LiveWELL Building 801 East Blvd	Kick Boxing	Mon 5-6pm	Free to teammates Badge required	livellevents@carolinashealthcare.org
	Zumba	6-7pm		
LiveWELL Building 801 East Blvd	R.I.P.P.E.D	Tues 5-6pm	Free to teammates Badge required	livellevents@carolinashealthcare.org
	Cardio Dance	6-7pm		
LiveWELL Building 801 East Blvd	Pure Strength	Wed 5-6pm	Free to teammates Badge required	livellevents@carolinashealthcare.org
	Yoga	6-7pm		
LiveWELL Building 801 East Blvd	Barre	Thurs 5-6pm	Free to teammates Badge required	livellevents@carolinashealthcare.org
	Urban Cardio Dance!	6-7pm		
LiveWELL Building 801 East Blvd	"Quick Fit" Small group Training with Jeremy Sinclair	Mon & Wed 4:30-5:10pm or Mon & Wed 5:20-6:00pm	\$50.00 for 4 weeks (8 Sessions)	Email: Carol Tyndall or call 704-446-1645

May Fitness Opportunities

(other locations)

LOCATION	CLASS	DAY/TIME	FEE	CONTACT
NorthEast Lower Level of Cabarrus College of Health Sciences 401 Medical Park Dr. NE, Concord 28025	Zumba	Mondays and Wednesdays 5:30-6:30pm	Free to teammates	Email: Suzanne.M.Bird or call 704-403-1711
Lincoln 433 McAlister Rd Lincolnton NC MOB #1	REFIT Cardio stretch and Tone Yoga	Tuesday-MOB #1 Oak Room 5:15pm-6:00pm Tuesday-MOB #1 Oak Room 6:00pm-6:45pm Wednesday – MOB #1 Oak Room 5:15pm-6:15pm	Free to teammates	Kevin Johnson 980-212-1351
CHS Wellness Center 1090 NorthEast Gateway Ct. Suite 102 Concord, NC 28025		Mon-Thurs 5:30am – 8:00pm Fridays 5:30am-7pm Saturdays 8am-12 noon	\$10 Joining Fee	704-403-9250
YWCA* 3420 Park Road, Charlotte, NC 28209	Free Work out Wednesdays	Check YWCA website for class listings & times. Child care available for a nominal fee.	Free to teammates	www.ywcacentralcarolinas.org No call necessary, teammates show badge
Carolinas HealthCare System Cleveland TR Harris Wellness Center 201 E. Grover St., Shelby, NC 28150	See Calendar Here	Free Wellness Membership for family	Free to teammates	Kristy Arrowood 980-487-3659 Email: Kristy.Arrowood
Carolinas HealthCare System Union 1423 E. Franklin St., Suite J Monroe, NC 28112	See Calendar Here	Free Wellness Membership	Free to teammates	Email: Shantel McLaughlin or call 980-993-3266