

# September 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
CHS LiveWELL Building 801 East Blvd	Kick Boxing	<b>Mon</b> 5-6pm	Free to teammates Badge required	<a href="mailto:livewellevents@carolinashealthcare.org">livewellevents@carolinashealthcare.org</a>
	Zumba	6-7pm		
CHS LiveWELL Building 801 East Blvd	R.I.P.P.E.D	<b>Tues</b> 5-6pm	Free to teammates Badge required	<a href="mailto:livewellevents@carolinashealthcare.org">livewellevents@carolinashealthcare.org</a>
	Socacise	6-7pm		
CHS LiveWELL Building 801 East Blvd	Pure Strength	<b>Wed</b> 5-6pm	Free to teammates Badge required	<a href="mailto:livewellevents@carolinashealthcare.org">livewellevents@carolinashealthcare.org</a>
	Yoga	6-7pm		
CHS LiveWELL Building 801 East Blvd	Barre	<b>Thurs</b> 5-6pm	Free to teammates Badge required	<a href="mailto:livewellevents@carolinashealthcare.org">livewellevents@carolinashealthcare.org</a>
	Body Party (Dance)	6-7pm		
CHS LiveWELL Building 801 East Blvd	<b>"Quick Fit"</b> Small group Training with Jeremy Sinclair	<b>Mon &amp; Wed</b> 4:30-5:10pm or <b>Mon &amp; Wed</b> 5:20-6:00pm	\$50.00 for 4 weeks (8 Sessions)	Email: <a href="mailto:Carol.Tyndall@carolinashealthcare.org">Carol Tyndall</a> or call 704-446-1645

# September Fitness Opportunities

(other locations)

LOCATION	CLASS	DAY/TIME	FEE	CONTACT
CHS NorthEast Lower Level of Cabarrus College of Health Sciences 401 Medical Park Dr. NE, Concord, NC 28025	Zumba	<b>Mondays and Wednesdays</b> 5:30-6:30pm	Free to teammates	Email: <a href="mailto:Suzanne.M.Bird">Suzanne.M.Bird</a> or call 704-403-1711
CHS NorthEast Wellness Center 1090 NorthEast Gateway Ct. Suite 102 Concord, NC 28025		<b>Mon-Thurs</b> 5:30am – 8:00pm <b>Fridays</b> 5:30am-7pm <b>Saturdays</b> 8am-12 noon	\$10 Joining Fee	704-403-9250
CHS Lincoln 433 McAlister Rd., MOB #1 Lincolnton, NC 28092	REFIT  Cardio stretch and Tone	Tuesday-MOB #1 Oak Room 5:15pm-6:00pm  Tuesday-MOB #1 Oak Room 6:00pm-6:45pm	Free to teammates	Kevin Johnson 980-212-1351
YWCA* 3420 Park Road, Charlotte, NC 28209	Free Work out Wednesdays	Check <a href="#">YWCA website</a> for class listings & times. Child care available for a nominal fee.	Free to teammates	<a href="http://www.ywcacentralcarolinas.org">www.ywcacentralcarolinas.org</a> No call necessary, teammates show badge
CHS Cleveland TR Harris Wellness Center 201 E. Grover St., Shelby, NC 28150	<a href="#">See Calendar Here</a>	Free Wellness Membership for family	Free to teammates	Kristy Arrowood 980-487-3659 Email: <a href="mailto:Kristy.Arrowood">Kristy.Arrowood</a>
CHS Union 1423 E. Franklin St., Suite J Monroe, NC 28112	<a href="#">See Calendar Here</a>	Free Wellness Membership	Free to teammates	Email: Stacey.Smith or call 980-993-3261