

# CHS NorthEast Wellness Center

1090 NE Gateway Court, Suite 102  
Concord, N.C. 28025  
(704)403-9273

**Member hours:** Monday-Thursday 5:30am - 8:00pm  
Friday 5:30 am – 8:00pm  
Saturday 8:00am – 12:00 pm

## July 2017

### Morning Classes



Circuit-style training including a Variety of exercises that utilize functional body weight movements to improve endurance.

**Tuesday & Thursday**  
6:00 am - 6:45 am



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Wednesdays @ 5:45am

Wednesdays @ 6:15am & Fridays @ 5:45am

**HIIT Cardio & Pilates classes will be cancelled the month of July**

**Classes will resume Wednesday, August 2nd**

### Evening Classes



A balance of strength and flexibility in the body, while paying attention to your breath, resulting in more awareness and relaxation

**Monday**  
6:45 pm – 7:45 pm



Total body workout using light to moderate weights with lots of repetitions.

**Monday & Wednesday**  
5:30 pm - 6:30 pm  
*\*\*Alternates with RPM each Saturday @ 9:00 am*  
**July 1<sup>st</sup>, 15<sup>th</sup> & 29<sup>th</sup>**



Cycling workout that delivers maximum cardio results with minimum impact on your joints

**Tuesday & Thursday**  
5:30 pm – 6:30 pm  
*\*\* Alternates with Body Pump each Saturday @ 9:00 am*  
**July 8<sup>th</sup> & 22<sup>nd</sup>**



Exercises focused on strengthening your core with resistance tubes and weight plates, as well as body weight exercises

**Tuesday & Thursday**  
6:30 pm - 7:00pm

**\*\*Walk with a DOC – Saturday July 1st @ 9:00 am- LES MYERS PARK, CONCORD**