

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

May 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



Pure Cardio without the heavy impact. Intense bursts of aerobic movements followed by short rest periods

Wednesday
5:45 am - 6:15am



Encompasses low-impact flexibility, muscular strength, and endurance movements generated through the body's core.

Wednesday
6:15am - 6:45 am
Friday
5:45am - 6:30am

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
May 6th & 20th*



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
May 13th & 27th*



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 May 6th @ 9:00 am- LES MYERS PARK, CONCORD**