

July Fitness Classes

(other locations)

LOCATION	CLASS	DAY/TIME	FEE	CONTACT
CHS NorthEast 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 monthly	704-403-9250
CHS Lincoln 433 McAlister Rd., MOB #1 Lincolnton, NC 28092	Yoga	Wednesdays-MOB #1 Oak Room 5:15pm-6:15pm	Free to teammates	Kevin Johnson 980-212-1351
YWCA* 3420 Park Road, Charlotte, NC 28209	Work out Wednesdays	Check YWCA website for class listings & times. Child care available for a nominal fee.	Free to teammates	www.ywcentralcarolinas.org No call necessary, teammates show badge
CHS 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