

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	Mon 5-6pm	Free to teammates Badge required	livewellevents@carolinashealthcare.org
	Zumba	6-7pm		
CHS LiveWELL Building 801 East Blvd	R.I.P.P.E.D	Tues 5-6pm	Free to teammates Badge required	livewellevents@carolinashealthcare.org
	Socacise	6-7pm		
CHS LiveWELL Building 801 East Blvd	Pure Strength	Wed 5-6pm	Free to teammates Badge required	livewellevents@carolinashealthcare.org
	Yoga	6-7pm		
CHS LiveWELL Building 801 East Blvd	Barre	Thurs 5-6pm	Free to teammates Badge required	livewellevents@carolinashealthcare.org
	Body Party (Dance)	6-7pm		
CHS 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

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	Mondays and Wednesdays 5:30-6:30pm	Free to teammates	Email: Suzanne.M.Bird or call 704-403-1711
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 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 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
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
CHS Union 1423 E. Franklin St., Suite J Monroe, NC 28112	See Calendar Here	Free Wellness Membership	Free to teammates	Email: Stacey.Smith or call 980-993-3261