



Athletic Center Schedule  
 Warlick Athletic Center @ Warlick Family YMCA  
 February 1st - February 28th

2221 Robinwood Road  
 Gastonia, NC 28056  
 7048309622

	MON	TUE	WED	THU	FRI	SAT	SUN
5am	<b>MX4 Plus</b> Staff Instructor 5:30am - 6am		<b>MX4 Plus</b> Staff Instructor 5:30am - 6am		<b>MX4 Plus</b> Staff Instructor 5:30am - 6am		
8am				<b>XHIT</b> Janet McCarthy 8am - 9am		<b>MX4 Plus</b> Staff Instructor 8am - 8:30am	
12pm		<b>MX4 Plus</b> Staff Instructor 12:15pm - 1pm		<b>MX4 Plus</b> Staff Instructor 12:15pm - 1pm			
5pm	<b>W3</b> Staff Instructor 5:30pm - 6:15pm	<b>MX4 Plus</b> Staff Instructor 5:30pm - 6:15pm	<b>W3</b> Staff Instructor 5:30pm - 6:15pm	<b>MX4 Plus</b> Staff Instructor 5:45pm - 6:15pm			
			<b>MX4 Plus</b> Staff Instructor 5:45pm - 6:15pm				
6pm	<b>Kettlebell Mix</b> Stephen Nepa 6:30pm - 7:25pm		<b>Kettlebell Mix</b> Stephen Nepa 6:30pm - 7:25pm				

Please note that all classes are subject to change due to demand and participation. For your safety, it is recommended you consult your physician prior to starting any exercise program.



## Class Descriptions Warlick Family YMCA

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**Kettlebell Mix** - This class will give fast results for strength, endurance and muscle toning by challenging both the muscular and cardiovascular systems with dynamic, total body movements

**MX4 Plus** - MX4 Small Group Training is a motivating exercise experience that delivers results you can see. It combines best-in-class training tools with exciting workouts to help you improve cardio fitness, power, strength and endurance. (Paid for service)45min

**W3** - W3 (Women With Weights) is a female focused group training class where the goal is to sculpt and tone your body using weights, TRX, Kettlebells, and other training disciplines (Paid for service)

**XHIT** - XHIT (Cross HIT), a specialty boot camp style class where the focus is to help you achieve your training goals through functional workouts and variety of movements from all discipline of fitness (paid for service)