



Group Exercise Schedule
 Warlick Family YMCA
 February 1st - February 28th

2221 Robinwood Road
 Gastonia, NC 28056
 7048309622

	MON	TUE	WED	THU	FRI	SAT	SUN
5am	RPM Warlick Cycle Studio James Lomick 5:30am - 6:15am	SPRINT Warlick Cycle Studio Katherine Fulcomer 5:30am - 6am	BodyPump Warlick Group Exercise Studio Kerry Johnston 5:30am - 6:30am	SPRINT Warlick Cycle Studio Katherine Fulcomer 5:30am - 6am	Strong by Zumba Warlick Group Exercise Studio Zenitra McGrinson 5:30am - 6:30am		
	BodyPump Warlick Group Exercise Studio Michele Euler 5:30am - 6:30am	CX Worx/Conditioning Warlick Group Exercise Studio Jenifer Kay 5:30am - 6:25am	RPM Warlick Cycle Studio Tricia Hageman 5:30am - 6:15am	CX Worx/BodyCombat Express Warlick Group Exercise Studio James Lomick 5:30am - 6:25am			
6am		Gentle Flow Yoga Warlick Mind Body Studio Rene Henderson 6:45am - 7:45am					
7am						Cycle Warlick Cycle Studio Rhonda Allen 7:30am - 8:15am	
						BodyCombat Warlick Group Exercise Studio Mark Dickerson 7:30am - 8:25am	
8am	BodyStep Warlick Group Exercise Studio Lauren Barranti 8am - 8:55am	Warm Gentle Flow Yoga Warlick Mind Body Studio Rene Henderson 8am - 9:15am	BodyPump Warlick Group Exercise Studio James Lomick 8am - 8:55am	BodyStep Warlick Group Exercise Studio Dora Muelman 8am - 8:55am	Zumba Warlick Inter Gen Room Lily Botner 8am - 8:55am	CXWORX Warlick Group Exercise Studio Lauren Barranti 8:30am - 9am	
	Zumba Warlick Inter Gen Room Lily Botner 8am - 8:55am	Athletic Conditioning Warlick Group Exercise Studio Gwen McGhee 8am - 8:55am	Tabata Mix Warlick Sports Center Gwen McGhee 8am - 8:55am	Warm Gentle Flow Yoga Warlick Mind Body Studio Rene Henderson 8am - 9:15am	BodyCombat Warlick Group Exercise Studio Lauren Barranti 8am - 8:55am		
	RPM EXPRESS Warlick Cycle Studio Katherine Fulcomer 8:15am - 8:45am	RPM Warlick Cycle Studio Bobbie Altman 8:15am - 9am	RaisedBarre Warlick Mind Body Studio Susan Blanton 8:15am - 8:55am	RPM Warlick Cycle Studio Bobbie Altman 8:15am - 9am	RaisedBarre Express Warlick Mind Body Studio Melanie Hilliard 8:15am - 8:45am		
	RaisedBarre Warlick Mind Body Studio Ashlee Cain 8:15am - 8:55am						
9am	Pilates Warlick Mind Body Studio Lea Bailey 9am - 9:55am	CXWORX/Flow Warlick Group Exercise Studio Michelle Molina / Susan Blanton 9am - 10am	BodyCombat Warlick Group Exercise Studio James Lomick 9am - 9:55am	CXWORX Warlick Group Exercise Studio Lauren Barranti 9am - 9:30am	BodyPump Warlick Group Exercise Studio Susan Blanton 9am - 9:55am	BodyFlow Warlick Mind Body Studio Kelly Shelton 9am - 10am	

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	BodyPump Warlick Group Exercise Studio Lauren Barranti 9am - 9:55am	RaisedBarre Warlick Mind Body Studio Gwen McGhee 9:30am - 10:30am	SPRINT Warlick Cycle Studio Lauren Barranti 9am - 9:30am	RaisedBarre Warlick Mind Body Studio Melissa Cole 9:30am - 10:25am	Pilates Warlick Mind Body Studio Stacey Belk 9am - 9:45am	Zumba Warlick Sports Center WEEKEND ROTATION 9am - 9:55am	
	Holy Yoga Warlick Inter Gen Room Caroline Moon 9:30am - 10:45am		Holy Yoga Warlick Mind Body Studio Caroline Moon 9am - 9:55am		SPRINT Warlick Cycle Studio Melissa Cole 9am - 9:30am	BodyPump Warlick Group Exercise Studio Natalie Tindol 9:05am - 10am	
					Pilates Warlick Mind Body Studio Stacey Belk 9am - 9:45am	Cycle Warlick Cycle Studio WEEKEND ROTATION 9:15am - 10am	
10am	Tone Warlick Group Exercise Studio Kristy McGhee 10am - 10:55am	Zumba Warlick Group Exercise Studio Donna Moser 10am - 10:55am	Tone Warlick Group Exercise Studio Kelly Shelton 10am - 10:55am	Zumba Warlick Group Exercise Studio Taffy Allen 10am - 10:55am	BodyFlow Warlick Mind Body Studio Susan Blanton 10am - 10:55am	RaisedBarre Warlick Mind Body Studio Kelly Shelton 10am - 10:55am	
	* Tai Chi & Martial Arts Warlick Mind Body Studio Nancy Rivas 10am - 10:55am	Pilates Warlick Mind Body Studio Birgitt Zirden-Heulmanns 10:30am - 11:15am	* Tai Chi & Martial Arts Warlick Mind Body Studio Nancy Rivas 10am - 10:55am	Athletic Stretch Warlick Mind Body Studio Melissa Cole 10:30am - 11am	* Tai Chi & Martial Arts Warlick Group Exercise Studio Nancy Rivas 10am - 10:55am	BodyStep Warlick Group Exercise Studio WEEKEND ROTATION 10:05am - 11am	
					* Line Dancing Warlick Sports Center Lucinda Marlowe 10am - 11am		
11am	* Zumba Gold Warlick Sports Center Barbara Mooradian 11am - 11:55am	* Silver Sneakers Circuit Warlick Group Exercise Studio Mindy Townsend 11am - 11:45am	* Silver Sneakers Classic Warlick Group Exercise Studio Janet McCarthy 11am - 11:45am	* Silver Sneakers Circuit Warlick Group Exercise Studio Birgitt Zirden-Heulmanns 11am - 11:45am	* Zumba Gold Warlick Sports Center Barbara Mooradian 11am - 12pm	* Tai Chi & Martial Arts Warlick Mind Body Studio Nancy Rivas 11:05am - 11:55am	
	* Silver Sneakers Classic Warlick Group Exercise Studio Korena Campbell 11am - 11:45am	* Chair Yoga Warlick Inter Gen Room Kelly Shelton 11am - 11:55am	* Zumba Gold Warlick Sports Center Barbara Mooradian 11am - 11:55am	* Chair Yoga Warlick Inter Gen Room Kelly Shelton 11am - 11:55am	* Silver Sneakers Classic Warlick Group Exercise Studio Gayla Green 11am - 11:55am		
		* Back Stability Warlick Mind Body Studio Birgitt Zirden-Heulmanns 11:15am - 11:55am					
12pm	BodyPump Warlick Group Exercise Studio Chris/Barry Scanlan 12pm - 12:55pm	* Silver Sneakers Classic Warlick Group Exercise Studio Carmen Narvaez 12pm - 12:45pm	Lunchtime Express Yoga Flow Warlick Mind Body Studio Candace Hyde 12pm - 12:55pm	* Silver Sneakers Classic Warlick Group Exercise Studio Carmen Narvaez 12pm - 12:45pm	BodyPump Warlick Group Exercise Studio Ash Smith 12pm - 12:55pm		

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1pm	Lunchtime Express Yoga Flow Warlick Mind Body Studio Candace Hyde 12pm - 12:55pm		BodyPump Warlick Group Exercise Studio Chris Scanlan 12pm - 12:55pm				
							RaisedBarre Warlick Mind Body Studio WEEKEND ROTATION 1:15pm - 2:10pm
							Zumba Warlick Sports Center Iris Santos 1:15pm - 2:15pm
2pm							BodyPump Warlick Group Exercise Studio Chris/Barry Scanlan 1:15pm - 2:10pm
							BodyFlow Warlick Mind Body Studio Chris/Barry Scanlan 2:15pm - 3:15pm
3pm		Kid's Fitness Warlick Sports Center Tyann Johnson 3:45pm - 4:30pm		Kid's Fitness Warlick Sports Center Jeremy McCarey 3:45pm - 4:30pm			
4pm	PIYO Warlick Mind Body Studio Jackie Brantley 4:30pm - 5:25pm	SPRINT Warlick Cycle Studio Lauren Barranti 4:30pm - 5pm	BodyCombat Warlick Group Exercise Studio Lauren Barranti 4:30pm - 5:25pm	Zumba Warlick Mind Body Studio Brittany Hampton 4:30pm - 5:25pm	Athletic Conditioning Warlick Group Exercise Studio Janet McCarthy 4:45pm - 5:25pm		
	BodyStep Warlick Group Exercise Studio Wanda Rauch 4:30pm - 5:25pm	BodyAttack Warlick Mind Body Studio Megan Chapman 4:30pm - 5:25pm	PIYO Warlick Mind Body Studio Jackie Brantley 4:30pm - 5:25pm	SPRINT Warlick Cycle Studio Lauren Barranti 4:30pm - 5pm	BodyAttack Warlick Group Exercise Studio Megan Chapman 4:45pm - 5:25pm		
5pm		BodyPump Warlick Group Exercise Studio Wanda Rauch 4:30pm - 5:25pm		BodyPump Warlick Group Exercise Studio Jenifer Kay 4:30pm - 5:25pm			
	BodyPump Warlick Group Exercise Studio Wanda Rauch 5:30pm - 6:25pm	BodyStep Warlick Group Exercise Studio Chris/Barry Scanlan 5:30pm - 6:25pm	SPRINT Warlick Cycle Studio Melissa Cole 5:30pm - 6pm	BodyFlow Warlick Mind Body Studio Kelly Shelton 5:30pm - 6:25pm	BodyPump Warlick Group Exercise Studio Megan Chapman 5:30pm - 6:25pm		
	SPRINT Warlick Cycle Studio Melissa Cole 5:30pm - 6pm	Power Flow Yoga Warlick Mind Body Studio Sydney Stevens 5:30pm - 6:25pm	RaisedBarre Warlick Mind Body Studio Lauren Barranti 5:30pm - 6:25pm	BodyStep Warlick Group Exercise Studio Chris Scanlan 5:30pm - 6:25pm			

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	RaisedBarre Warlick Mind Body Studio Kathleen D'Avria 5:30pm - 6:25pm	RPM Warlick Cycle Studio Tricia Hageman 5:30pm - 6:25pm	BodyPump Warlick Group Exercise Studio Dora Muelman 5:30pm - 6:25pm	Zumba Warlick Inter Gen Room Iris Santos 5:45pm - 6:40pm			
		Zumba Warlick Inter Gen Room Zenitra McGrinson 5:45pm - 6:45pm					
6pm	BodyFlow Warlick Mind Body Studio Kelly Shelton 6:30pm - 7:25pm	Strong by Zumba Warlick Group Exercise Studio Kimberly Jordan 6:30pm - 7:25pm	Cycle Warlick Cycle Studio Travis Earls 6:15pm - 7pm	Restorative Yoga Warlick Mind Body Studio Kelly Shelton 6:30pm - 7:30pm			
	BodyCombat Warlick Group Exercise Studio Mark Dickerson 6:30pm - 7:25pm	Cycle Warlick Cycle Studio Lee Doster-Ward 6:30pm - 7:15pm	Athletic Stretch Warlick Group Exercise Studio Dora Muelman 6:30pm - 7pm	CXWORX Warlick Group Exercise Studio Barry Scanlan 6:30pm - 7pm			
	RPM Warlick Cycle Studio Roddy Yates 6:30pm - 7:25pm	BodyFlow Warlick Mind Body Studio Kelly Shelton 6:30pm - 7:25pm	YogaFit Warlick Mind Body Studio Tory Campbell 6:30pm - 7:30pm	RPM Warlick Cycle Studio Roddy Yates 6:30pm - 7:25pm			
			Dance Fitness Warlick Sports Center Jessica Ward 6:30pm - 7:30pm	Strong by Zumba Warlick Inter Gen Room Kimberly Jordan 6:45pm - 7:40pm			
7pm	Zumba Warlick Group Exercise Studio Zenitra McGrinson 7:30pm - 8:30pm			Athletic Conditioning Warlick Group Exercise Studio Stacey Belk 7pm - 7:55pm			
	Restorative Yoga Warlick Mind Body Studio Pamela Blackmore 7:30pm - 8:30pm						

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