



Group Exercise Schedule
 Warlick Family YMCA
 January 1st - January 31st

2221 Robinwood Road
 Gastonia, NC 28056
 7048309622

	MON	TUE	WED	THU	FRI	SAT	SUN
5am	Open Gym Warlick Sports Center 5am - 8:30am	Open Gym Warlick Sports Center 5am - 3:30pm	Full Court Adult Pickup Warlick Sports Center 5am - 7am	Open Gym Warlick Sports Center 5am - 8:30am	Open Gym Warlick Sports Center 5am - 9:50am		
	MX4 ** Warlick Athletic Center Staff Instructor 5:30am - 6am	HIIT CYCLE Warlick Cycle Studio Katherine Fulcomer 5:30am - 6am	BodyPump Warlick Group Exercise Studio Kerry Johnston 5:30am - 6:30am	HIIT CYCLE Warlick Cycle Studio Katherine Fulcomer 5:30am - 6am	Strong by Zumba Warlick Group Exercise Studio Zenitra McGrinson 5:30am - 6:30am		
	RPM Warlick Cycle Studio James Lomick 5:30am - 6:15am	CX Worx/Conditioning Warlick Group Exercise Studio Jenifer Kay 5:30am - 6:25am	MX4 ** Warlick Athletic Center Staff Instructor 5:30am - 6am	CX Worx/BodyCombat Express Warlick Group Exercise Studio James Lomick 5:30am - 6:25am	MX4 ** Warlick Athletic Center Staff Instructor 5:30am - 6am		
	BodyPump Warlick Group Exercise Studio Michele Euler 5:30am - 6:30am	SPRINT Warlick Cycle Studio Katherine Fulcomer 5:30am - 6am	RPM Warlick Cycle Studio Tricia Hageman 5:30am - 6:15am	SPRINT Warlick Cycle Studio Katherine Fulcomer 5:30am - 6am			
6am		Gentle Flow Yoga Warlick Mind Body Studio Rene Henderson 6:45am - 7:45am					
7am			Open Gym Warlick Sports Center 7am - 8am			Open Gym Warlick Sports Center 7am - 8:50am	
						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	MX4 ** Warlick Athletic Center Staff Instructor 8am - 8:30am	
	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	CXWORX Warlick Sports Center Lauren Barranti 8:30am - 9am	
	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		

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9am	RaisedBarre Warlick Mind Body Studio Ashlee Cain 8:15am - 8:55am			Pickleball Warlick Sports Center 8:30am - 10am				
	Pickleball Warlick Sports Center 8:30am - 10am							
	Pilates Warlick Mind Body Studio Lea Bailey 9am - 9:55am	CXWORX/Flow Warlick Group Exercise Studio Michelle Molina / Susan Blanton 9am - 10am	Open Gym Warlick Sports Center 9am - 11am	CXWORX Warlick Group Exercise Studio Lauren Barranti 9am - 9:30am	BodyPump Warlick Group Exercise Studio Susan Blanton 9am - 9:55am	BodyFlow Warlick Sports Center Kelly Shelton 9am - 10am		
	BodyPump Warlick Group Exercise Studio Lauren Barranti 9am - 9:55am	RaisedBarre Warlick Mind Body Studio Gwen McGhee 9:30am - 10:30am	Holy Yoga Warlick Mind Body Studio Caroline Moon 9am - 9:55am	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		BodyCombat Warlick Group Exercise Studio James Lomick 9am - 9:55am		SPRINT Warlick Cycle Studio Melissa Cole 9am - 9:30am	Bootcamp Warlick Athletic Center Staff Instructor 9am - 10am		
			SPRINT Warlick Cycle Studio Lauren Barranti 9am - 9:30am		Pilates Warlick Mind Body Studio Stacey Belk 9am - 9:45am	BodyPump Warlick Sports Center Natalie Tindol 9:05am - 10am		
10am						Cycle Warlick Cycle Studio WEEKEND ROTATION 9:15am - 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	* Tai Chi & Martial Arts Warlick Group Exercise Studio Nancy Rivas 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 Melanie Hilliard 10:30am - 11:15am	* Tai Chi & Martial Arts Warlick Mind Body Studio Nancy Rivas 10am - 10:55am	Open Gym Warlick Sports Center 10am - 3:30pm	BodyFlow Warlick Mind Body Studio Susan Blanton 10am - 10:55am	BodyStep Warlick Sports Center WEEKEND ROTATION 10:05am - 11am		
				Athletic Stretch Warlick Mind Body Studio Melissa Cole 10:30am - 11am	* Line Dancing Warlick Sports Center Lucinda Marlowe 10am - 11am	Open Gym Warlick Sports Center 10:15am - 6pm		

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	MON	TUE	WED	THU	FRI	SAT	SUN
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 Melanie Hilliard 11:15am - 11:45am					
12pm	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	Open Gym Warlick Sports Center 12pm - 4pm	* Silver Sneakers Classic Warlick Group Exercise Studio Carmen Narvaez 12pm - 12:45pm	Open Gym Warlick Sports Center 12pm - 9pm		
	Open Gym Warlick Sports Center 12pm - 4pm	MX4 ** Warlick Athletic Center Staff Instructor 12:15pm - 12:45pm	Lunchtime Express Yoga Flow Warlick Mind Body Studio Candace Hyde 12pm - 12:55pm	MX4 ** Warlick Athletic Center Staff Instructor 12:15pm - 12:45pm	BodyPump Warlick Group Exercise Studio Ash Smith 12pm - 12:55pm		
	BodyPump Warlick Group Exercise Studio Chris/Barry Scanlan 12pm - 12:55pm		BodyPump Warlick Group Exercise Studio Chris Scanlan 12pm - 12:55pm				
1pm							Open Gym Warlick Sports Center 1pm - 2pm
							RaisedBarre Warlick Mind Body Studio WEEKEND ROTATION 1:15pm - 2:10pm
							Zumba Warlick Inter Gen Room Iris Santos 1:15pm - 2:15pm
							BodyPump Warlick Group Exercise Studio Chris/Barry Scanlan 1:15pm - 2:10pm

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2pm							Pickup Basketball Warlick Sports Center 2pm - 4pm
							BodyFlow Warlick Mind Body Studio Chris/Barry Scanlan 2:15pm - 3:15pm
3pm		Teen Open Gym Warlick Sports Center 3:30pm - 5pm		Teen Open Gym Warlick Sports Center 3:30pm - 5pm			
		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	Open Gym split Warlick Sports Center 4pm - 6pm	Tone Warlick Mind Body Studio Susan Blanton 4:30pm - 5:25pm	Open Gym split Warlick Sports Center 4pm - 6:30pm	Zumba Warlick Mind Body Studio Brittany Hampton 4:30pm - 5:25pm	Athletic Conditioning Warlick Group Exercise Studio Janet McCarthy 4:45pm - 5:25pm		Open Gym Warlick Sports Center 4pm - 6pm
	BodyStep Warlick Group Exercise Studio Wanda Rauch 4:30pm - 5:25pm	BodyPump Warlick Group Exercise Studio Wanda Rauch 4:30pm - 5:25pm	BodyCombat Warlick Group Exercise Studio Lauren Barranti 4:30pm - 5:25pm	BodyPump Warlick Group Exercise Studio Jenifer Kay 4:30pm - 5:25pm			
	PIYO Warlick Mind Body Studio Jackie Brantley 4:30pm - 5:25pm	SPRINT Warlick Cycle Studio Lauren Barranti 4:30pm - 5pm	PIYO Warlick Mind Body Studio Jackie Brantley 4:30pm - 5:25pm	SPRINT Warlick Cycle Studio Lauren Barranti 4:30pm - 5pm			
5pm	SPRINT Warlick Cycle Studio Melissa Cole 5:30pm - 6pm	Open Gym Warlick Sports Center 5pm - 9pm	SPRINT Warlick Cycle Studio Melissa Cole 5:30pm - 6pm	Open Gym Warlick Sports Center 5pm - 9pm	BodyPump Warlick Group Exercise Studio Megan Chapman 5:30pm - 6:25pm		
	RaisedBarre Warlick Mind Body Studio Kathleen D'Avria 5:30pm - 6:25pm	BodyStep Warlick Group Exercise Studio Chris/Barry Scanlan 5:30pm - 6:25pm	BodyPump Warlick Group Exercise Studio Dora Muelman 5:30pm - 6:25pm	BodyFlow Warlick Mind Body Studio Kelly Shelton 5:30pm - 6:25pm			
	BodyPump Warlick Group Exercise Studio Wanda Rauch 5:30pm - 6:25pm	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			
	MX4 ** Warlick Athletic Center Staff Instructor 5:45pm - 6:15pm	RPM Warlick Cycle Studio Tricia Hageman 5:30pm - 6:25pm	MX4 ** Warlick Athletic Center Staff Instructor 5:45pm - 6:15pm	Zumba Warlick Inter Gen Room Iris Santos 5:45pm - 6:40pm			

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		Refit Warlick Inter Gen Room Sarah Oedy 5:45pm - 6:45pm		MX4 ** Warlick Athletic Center Staff Instructor 5:45pm - 6:15pm			
		MX4 ** Warlick Athletic Center Staff Instructor 5:45pm - 6:15pm					
6pm	Pickup Basketball Warlick Sports Center 6pm - 9pm	Adult Winter Basketball League Warlick Sports Center 6pm - 8pm	Cycle Warlick Cycle Studio Travis Earls 6:15pm - 7pm	Restorative Yoga Warlick Mind Body Studio Pamela Blackmore 6:30pm - 7:30pm			
	BodyFlow Warlick Mind Body Studio Kelly Shelton 6:30pm - 7:25pm	Strong by Zumba Warlick Group Exercise Studio Kimberly Jordan 6:30pm - 7:25pm	YogaFit Warlick Mind Body Studio Tory Campbell 6:30pm - 7:30pm	CXWORX Warlick Group Exercise Studio Barry Scanlan 6:30pm - 7pm			
	Kettlebell Mix Warlick Athletic Center Stephen Nepa 6:30pm - 7:25pm	Cycle Warlick Cycle Studio Lee Doster-Ward 6:30pm - 7:15pm	Dance Fitness Warlick Sports Center Jessica Ward 6:30pm - 7:30pm	RPM Warlick Cycle Studio Roddy Yates 6:30pm - 7:25pm			
	BodyCombat Warlick Group Exercise Studio Mark Dickerson 6:30pm - 7:25pm	BodyFlow Warlick Mind Body Studio Kelly Shelton 6:30pm - 7:25pm	Kettlebell Mix Warlick Athletic Center Stephen Nepa 6:30pm - 7:25pm	Strong by Zumba Warlick Inter Gen Room Kimberly Jordan 6:45pm - 7:40pm			
	RPM Warlick Cycle Studio Roddy Yates 6:30pm - 7:25pm		Athletic Stretch Warlick Group Exercise Studio Dora Muelman 6:30pm - 7pm				
7pm	Zumba Warlick Group Exercise Studio Zenitra McGrinson 7:30pm - 8:30pm		Open Gym Warlick Sports Center 7:30pm - 9pm	Athletic Conditioning Warlick Group Exercise Studio Stacey Belk 7pm - 7:55pm			
	Restorative Yoga Warlick Mind Body Studio Pamela Blackmore 7:30pm - 8:30pm		Adult Winter Basketball League Warlick Sports Center 7:30pm - 8:30pm				

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