



MX4
Warlick Athletic Center @ Warlick Family YMCA
 January 1st - January 31st

2221 Robinwood Road
 Gastonia, NC 28056
 7048309622

	MON	TUE	WED	THU	FRI	SAT	SUN
5am	MX4 ** Staff Instructor 5:30am - 6am		MX4 ** Staff Instructor 5:30am - 6am		MX4 ** Staff Instructor 5:30am - 6am		
8am						MX4 ** Staff Instructor 8am - 8:30am	
9am						Bootcamp Staff Instructor 9am - 10am	
12pm		MX4 ** Staff Instructor 12:15pm - 12:45pm		MX4 ** Staff Instructor 12:15pm - 12:45pm			
5pm	MX4 ** Staff Instructor 5:45pm - 6:15pm	MX4 ** Staff Instructor 5:45pm - 6:15pm	MX4 ** Staff Instructor 5:45pm - 6:15pm	MX4 ** Staff Instructor 5:45pm - 6:15pm			
6pm	Kettlebell Mix Stephen Nepa 6:30pm - 7:25pm		Kettlebell Mix 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.