



Athletic Center Schedule
 Warlick Athletic Center @ Warlick Family YMCA
 September 8th - September 14th

2221 Robinwood Road
 Gastonia, NC 28056
 7048309622

	MON	TUE	WED	THU	FRI	SAT	SUN
5am	MX4 Plus Derek Wilson 5:30am - 6:15am		MX4 Plus Derek Wilson 5:30am - 6:15am		MX4 Plus JC Lezama 5:30am - 6:15am		
8am				XHIT Janet McCarthy 8am - 9am		MX4 Plus Juan Allen 8am - 8:45am	
12pm		MX4 Plus Derek Wilson 12:15pm - 1pm		MX4 Plus JC Lezama 12:15pm - 1pm			
5pm	W3 JC Lezama 5:30pm - 6:15pm	MX4 Plus Janet McCarthy 5:30pm - 6:15pm	W3 JC Lezama 5:30pm - 6:15pm	MX4 Plus Reggie Connor 5:30pm - 6:15pm			

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.