



**Group Exercise Schedule**  
**Warlick Family YMCA**  
 September 8th - September 14th

2221 Robinwood Road  
 Gastonia, NC 28056  
 7048309622

	MON	TUE	WED	THU	FRI	SAT	SUN
<b>5am</b>	<b>MX4 Plus</b> Warlick Athletic Center Derek Wilson 5:30am - 6:15am	<b>SPRINT</b> Warlick Cycle Studio Katherine Fulcomer 5:30am - 6am	<b>RaisedBarre Express</b> Warlick Mind Body Studio Kathleen D'Avria 5:30am - 6am	<b>CX Worx/BodyCombat Express</b> Warlick Group Exercise Studio James Lomick 5:30am - 6:25am	<b>Running Group (Beginner) Meet in Lobby</b> Warlick Group Exercise Studio Gessie Thweatt 5:30am - 6:30am		
	<b>RPM</b> Warlick Cycle Studio James Lomick 5:30am - 6:15am	<b>CX Worx/Conditioning</b> Warlick Group Exercise Studio Jenifer Kay 5:30am - 6:25am	<b>BodyPump</b> Warlick Group Exercise Studio Kerry Johnston 5:30am - 6:30am	<b>SPRINT</b> Warlick Cycle Studio Katherine Fulcomer 5:30am - 6am	<b>MX4 Plus</b> Warlick Athletic Center JC Lezama 5:30am - 6:15am		
	<b>BodyPump</b> Warlick Group Exercise Studio Michele Euler 5:30am - 6:30am		<b>MX4 Plus</b> Warlick Athletic Center Derek Wilson 5:30am - 6:15am		<b>Strong</b> Warlick Group Exercise Studio Zenitra McGrinson 5:30am - 6:30am		
			<b>RPM</b> Warlick Cycle Studio Tricia Hageman 5:30am - 6:15am				
<b>6am</b>		<b>Gentle Flow Yoga</b> Warlick Mind Body Studio Rene Henderson 6:45am - 7:45am					
<b>7am</b>						<b>BodyCombat</b> Warlick Group Exercise Studio Mark Dickerson 7:30am - 8:25am	
<b>8am</b>	<b>Zumba</b> Warlick Inter Gen Room Iris Santos 8am - 8:55am	<b>Warm Gentle Flow Yoga</b> Warlick Mind Body Studio Rene Henderson 8am - 9:15am	<b>BodyPump</b> Warlick Group Exercise Studio James Lomick 8am - 8:55am	<b>XHIT</b> Warlick Athletic Center Janet McCarthy 8am - 9am	<b>Zumba</b> Warlick Inter Gen Room Iris Santos 8am - 8:55am	<b>MX4 Plus</b> Warlick Athletic Center Juan Allen 8am - 8:45am	
	<b>BodyStep</b> Warlick Group Exercise Studio Lauren Barranti 8am - 8:55am	<b>Strong</b> Warlick Group Exercise Studio Iris Santos 8am - 8:55am	<b>RaisedBarre</b> Warlick Mind Body Studio Susan Blanton 8:15am - 8:55am	<b>Warm Gentle Flow Yoga</b> Warlick Mind Body Studio Rene Henderson 8am - 9:15am	<b>BodyCombat</b> Warlick Group Exercise Studio Lauren Barranti 8am - 8:55am	<b>CXWORX</b> Warlick Group Exercise Studio Lauren Barranti 8:30am - 9am	
	<b>RaisedBarre</b> Warlick Mind Body Studio Ashlee Looper 8:15am - 8:55am	<b>RPM</b> Warlick Cycle Studio Bobbie Altman 8:15am - 9am	<b>LES MILLS GRIT™ Cardio</b> Warlick Sports Center Lauren Barranti 8:15am - 8:45am	<b>BodyStep</b> Warlick Group Exercise Studio Dora Muelman 8am - 8:55am	<b>RaisedBarre Express</b> Warlick Mind Body Studio Ashlee Looper 8:15am - 8:45am		
	<b>RPM EXPRESS</b> Warlick Cycle Studio Katherine Fulcomer 8:15am - 8:45am			<b>RPM</b> Warlick Cycle Studio Bobbie Altman 8:15am - 9am			

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<b>9am</b>	<b>Pilates</b> Warlick Mind Body Studio Lea Bailey 9am - 9:55am	<b>CXWORX/Flow</b> Warlick Group Exercise Studio Michelle Molina / Susan Blanton 9am - 10am	<b>BodyCombat</b> Warlick Group Exercise Studio James Lomick 9am - 9:55am	<b>CXWORX</b> Warlick Group Exercise Studio Lauren Barranti 9am - 9:30am	<b>BodyPump</b> Warlick Group Exercise Studio Susan Blanton 9am - 9:55am	<b>BodyFlow</b> Warlick Mind Body Studio Kelly Shelton 9am - 10am	
	<b>BodyPump</b> Warlick Group Exercise Studio Lauren Barranti 9am - 9:55am	<b>RaisedBarre</b> Warlick Mind Body Studio Mindy Townsend 9:30am - 10:30am	<b>SPRINT</b> Warlick Cycle Studio Lauren Barranti 9am - 9:30am	<b>RaisedBarre</b> Warlick Mind Body Studio Rotation Weekly 9:30am - 10:25am	<b>Pilates</b> Warlick Mind Body Studio Kerin Hehir 9am - 9:45am	<b>Zumba</b> Warlick Sports Center WEEKEND ROTATION 9am - 9:55am	
	<b>Holy Yoga</b> Warlick Lakefront Caroline Moon 9:30am - 10:45am		<b>Holy Yoga</b> Warlick Mind Body Studio Caroline Moon 9am - 9:55am		<b>SPRINT</b> Warlick Cycle Studio Bobbie Altman 9am - 9:30am	<b>BodyPump</b> Warlick Group Exercise Studio Natalie Tindol 9:05am - 10am	
						<b>Cycle</b> Warlick Cycle Studio WEEKEND ROTATION 9:15am - 10am	
<b>10am</b>	<b>* Tai Chi &amp; Martial Arts</b> Warlick Mind Body Studio Nancy Rivas 10am - 10:55am	<b>Zumba</b> Warlick Group Exercise Studio Donna Moser 10am - 10:55am	<b>* Tai Chi &amp; Martial Arts</b> Warlick Mind Body Studio Nancy Rivas 10am - 10:55am	<b>Zumba</b> Warlick Group Exercise Studio Taffy Allen 10am - 10:55am	<b>BodyFlow</b> Warlick Mind Body Studio Susan Blanton 10am - 10:55am	<b>RaisedBarre</b> Warlick Mind Body Studio WEEKEND ROTATION 10am - 10:55am	
	<b>Tone</b> Warlick Group Exercise Studio Kristy McGhee 10am - 10:55am	<b>Pilates</b> Warlick Mind Body Studio Birgitt Zirden-Heulmanns 10:30am - 11:15am	<b>Tone</b> Warlick Group Exercise Studio Kelly Shelton 10am - 10:55am	<b>Pilates</b> Warlick Mind Body Studio Janet McCarthy 10:30am - 11:15am	<b>* Tai Chi &amp; Martial Arts</b> Warlick Group Exercise Studio Nancy Rivas 10am - 10:55am	<b>BodyStep</b> Warlick Group Exercise Studio WEEKEND ROTATION 10:05am - 11am	
					<b>* Line Dancing</b> Warlick Sports Center Lucinda Marlowe 10am - 11am		
<b>11am</b>	<b>* Zumba Gold</b> Warlick Sports Center Iris Santos 11am - 12pm	<b>* Chair Yoga</b> Warlick Inter Gen Room Kelly Shelton 11am - 11:55am	<b>Holy Yoga Chair Yoga</b> Warlick Inter Gen Room Caroline Moon 11am - 12pm	<b>* Chair Yoga</b> Warlick Inter Gen Room Kelly Shelton 11am - 11:55am	<b>* Silver Sneakers Classic</b> Warlick Group Exercise Studio Gayla Green 11am - 11:55am	<b>* Tai Chi &amp; Martial Arts</b> Warlick Mind Body Studio Nancy Rivas 11:05am - 11:55am	
	<b>* Silver Sneakers Classic</b> Warlick Group Exercise Studio Korena Campbell 11am - 11:45am	<b>* Silver Sneakers Circuit</b> Warlick Group Exercise Studio Mindy Townsend 11am - 11:45am	<b>* Zumba Gold</b> Warlick Sports Center Dana Wolfe 11am - 12pm	<b>* Silver Sneakers Circuit</b> Warlick Group Exercise Studio Birgitt Zirden-Heulmanns 11am - 11:45am	<b>* Zumba Gold</b> Warlick Sports Center Dana Wolfe 11am - 12pm		
		<b>* Back Stability</b> Warlick Mind Body Studio Birgitt Zirden-Heulmanns 11:15am - 11:55am	<b>* Silver Sneakers Classic</b> Warlick Group Exercise Studio Janet McCarthy 11am - 11:45am				

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12pm	<b>Amped Up</b> Warlick Group Exercise Studio JJ Letcavage 12pm - 1pm	<b>* Silver Sneakers Classic</b> Warlick Group Exercise Studio Carmen Narvaez 12pm - 12:45pm	<b>Lunchtime Express Yoga Flow</b> Warlick Mind Body Studio Candace Hyde 12pm - 12:55pm	<b>* Silver Sneakers Classic</b> Warlick Group Exercise Studio Carmen Narvaez 12pm - 12:45pm	<b>Beginner Line Dance</b> Warlick Mind Body Studio Gayla Green 12pm - 12:45pm		
	<b>Lunchtime Express Yoga Flow</b> Warlick Mind Body Studio Candace Hyde 12pm - 12:55pm	<b>MX4 Plus</b> Warlick Athletic Center Derek Wilson 12:15pm - 1pm	<b>BodyPump</b> Warlick Group Exercise Studio Chris Scanlan 12pm - 12:55pm	<b>MX4 Plus</b> Warlick Athletic Center JC Lezama 12:15pm - 1pm	<b>BodyPump</b> Warlick Group Exercise Studio Dora Muelman 12pm - 12:55pm		
1pm							<b>Zumba</b> Warlick Sports Center Iris Santos 1:15pm - 2:15pm
							<b>BodyPump</b> Warlick Group Exercise Studio Chris/Barry Scanlan 1:15pm - 2:10pm
2pm							<b>BodyFlow</b> Warlick Mind Body Studio Chris/Barry Scanlan 2:15pm - 3:15pm
							<b>Strong</b> Warlick Group Exercise Studio Iris Santos 2:30pm - 3:15pm
3pm		<b>Kid's Fitness</b> Warlick Athletic Center Tyann Johnson 3:30pm - 4:15pm					<b>Power Flow Yoga</b> Warlick Mind Body Studio Sydney Stevens 3:15pm - 4:15pm
4pm	<b>PIYO</b> Warlick Mind Body Studio Jackie Brantley 4:30pm - 5:25pm	<b>SPRINT</b> Warlick Cycle Studio Lauren Barranti 4:30pm - 5pm	<b>BodyCombat</b> Warlick Group Exercise Studio Lauren Barranti 4:30pm - 5:25pm	<b>Yin to Flow</b> Warlick Mind Body Studio Kassi Yancey 4:30pm - 5:25pm	<b>BodyAttack</b> Warlick Group Exercise Studio Megan Chapman 4:45pm - 5:25pm		
	<b>BodyStep</b> Warlick Group Exercise Studio Wanda Rauch 4:30pm - 5:25pm	<b>BodyAttack</b> Warlick Mind Body Studio Megan Chapman 4:30pm - 5:25pm	<b>PIYO</b> Warlick Mind Body Studio Jackie Brantley 4:30pm - 5:25pm	<b>SPRINT</b> Warlick Cycle Studio Lauren Barranti 4:30pm - 5pm			
		<b>BodyPump</b> Warlick Group Exercise Studio Wanda Rauch 4:30pm - 5:25pm		<b>BodyPump</b> Warlick Group Exercise Studio Jenifer Kay 4:30pm - 5:25pm			

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	MON	TUE	WED	THU	FRI	SAT	SUN
5pm	<b>SPRINT</b> Warlick Cycle Studio James Lomick 5:30pm - 6pm	<b>BodyStep</b> Warlick Group Exercise Studio Chris/Barry Scanlan 5:30pm - 6:25pm	<b>RaisedBarre</b> Warlick Mind Body Studio Lauren Barranti 5:30pm - 6:25pm	<b>Zumba</b> Warlick Group Exercise Studio Iris Santos 5:30pm - 6:30pm	<b>BodyPump</b> Warlick Group Exercise Studio Megan Chapman 5:30pm - 6:25pm		
	<b>BodyPump</b> Warlick Group Exercise Studio Wanda Rauch 5:30pm - 6:25pm	<b>Deep Stretch</b> Warlick Mind Body Studio Kelly Shelton 5:30pm - 6:15pm	<b>BodyPump</b> Warlick Group Exercise Studio Dora Muelman 5:30pm - 6:25pm	<b>BodyFlow</b> Warlick Mind Body Studio Kelly Shelton 5:30pm - 6:25pm			
	<b>RaisedBarre</b> Warlick Mind Body Studio Kathleen D'Avria 5:30pm - 6:25pm	<b>MX4 Plus</b> Warlick Athletic Center Janet McCarthy 5:30pm - 6:15pm	<b>W3</b> Warlick Athletic Center JC Lezama 5:30pm - 6:15pm	<b>MX4 Plus</b> Warlick Athletic Center Reggie Connor 5:30pm - 6:15pm			
	<b>W3</b> Warlick Athletic Center JC Lezama 5:30pm - 6:15pm	<b>RPM</b> Warlick Cycle Studio Tricia Hageman 5:30pm - 6:25pm					
		<b>Zumba</b> Warlick Inter Gen Room Zenitra McGrinson 5:45pm - 6:45pm					
6pm	<b>Running Group (Int/Adv) Meet in Lobby</b> Warlick Group Exercise Studio Stacey Belk 6pm - 6:55pm	<b>Strong</b> Warlick Group Exercise Studio Kimberly Jordan 6:30pm - 7:25pm	<b>Cycle</b> Warlick Cycle Studio Travis Earls 6:15pm - 7pm	<b>BodyPump</b> Warlick Group Exercise Studio Kerry Johnston 6:30pm - 7:15pm			
	<b>BodyFlow</b> Warlick Mind Body Studio Kelly Shelton 6:30pm - 7:25pm	<b>Cycle</b> Warlick Cycle Studio Natalie Tindol 6:30pm - 7:15pm	<b>Athletic Stretch</b> Warlick Mind Body Studio Dora Muelman 6:30pm - 7pm	<b>RPM</b> Warlick Cycle Studio Roddy Yates 6:30pm - 7:25pm			
	<b>BodyCombat</b> Warlick Group Exercise Studio Mark Dickerson 6:30pm - 7:25pm	<b>BodyFlow</b> Warlick Mind Body Studio Kelly Shelton 6:30pm - 7:25pm	<b>Zumba</b> Warlick Group Exercise Studio Margie Thetford 6:30pm - 7:30pm	<b>Strong</b> Warlick Mind Body Studio Kimberly Jordan 6:45pm - 7:40pm			
	<b>RPM</b> Warlick Cycle Studio Roddy Yates 6:30pm - 7:25pm						
7pm	<b>Zumba</b> Warlick Group Exercise Studio Zenitra McGrinson 7:30pm - 8:30pm	<b>BodyPump</b> Warlick Group Exercise Studio Rachel Hopper 7:30pm - 8:15pm					
	<b>Restorative Yoga</b> Warlick Mind Body Studio Pamela Blackmore 7:30pm - 8:30pm						

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