

Wellness Center Schedule

These Classes are offered July 1-29

All classes are **FREE** to all tenants
YMCA Wellness Center Located in Building 5855

Monday 12:25pm-12:55pm – Strength/Abs
1:05pm-1:35pm - Strength/Abs
5:05 pm-5.50pm – Cardio Dance

Tuesday 12:10pm-12:40pm – Walking Club*

Wednesday

12:25pm-12:55pm – Pilates
1:05pm-1:35pm - Pilates
5:05 pm-5.50pm – Rotation

Thursday 12:10pm-12:40pm – Walking Club*

*In case of inclement weather, a class will be held indoors.

For more information contact:

Tammy Stegall
(704) 716-6644

Tammy.stegall@ymcacharlotte.org

Please remember to bring your water!

*YMCA Mission: To put Christian principles into practice through programs
that build healthy spirit, mind and body for all.*

