



Lake Norman YMCA

SEPTEMBER 2025 GROUP EXERCISE SCHEDULE

MONDAY			
6:15 AM	Group Power EXPRESS	Holly	GXS
8:00 AM	Cycle	Sherri	CS
8:30 AM	Total Strength	Carrie	GXS
8:30 AM	Barre	Nancy	BS
9:30 AM	H.I.I.T	Tamyra	GXS
9:30 AM	Water Cardio Fitness	Lynn	POOL
9:30 AM	Vinyasa YOGA	Justin	YS
9:30 AM	Cardio Dance	Angie	Gym
9:30 AM	Barre	Nancy	BS
9:30 AM	Rhythm Cycle	Cary	CS
10:30 AM	Water Cardio Strength	Lynn	POOL
10:45 AM	Qigong	Julia	YS
5:30 PM	Barre	Karly/Jill	BS
6:30 PM	Cycle+Strength	Christien	CS
6:30 PM	Mobility	Emily	YS

TUESDAY			
6:15 AM	Mixed Level YOGA	Kristy	YS
7:00 AM	ROW CLUB (\$)	Erica	GXS
8:30 AM	Cycle	Sherri	CS
8:30 AM	Cardio Strength	Nancy	GXS
8:45 AM	BARRE 30	Carrie	BS
9:20 AM	Core & More 30	Carrie	BS
9:30 AM	Group Power	Erica	GXS
9:30 AM	Gentle YOGA	Lisa	YS
9:30 AM	Water Cardio Strength	Rebecca	POOL
10:30 AM	Pilates	Christien	BS
11:00 AM	Chair Fitness	Erica	GXS
5:00PM	TEEN LIFT (\$)	Sevi	FTC
5:30 PM	H.I.I.T 30	Tamyra	GXS
6:00 PM	Core & More 30	Tamyra	GXS

WEDNESDAY			
6:15 AM	Cycle	Darcy	CS
8:30 AM	Barre	Nancy	BS
8:30 AM	Total Strength	Carrie	GXS
8:30 AM	Mixed Level YOGA	Cary	YS
9:30 AM	Aqua Zumba	Sue	POOL
9:30 AM	Cycle	Mark	CS
9:30 AM	BARRE	Carrie	BS
9:30 AM	ROW CLUB (\$)	Erica	GXS
9:45 AM	Deep Stretch	Lisa	YS
10:20 AM	Water Arthritis	Sue	POOL
11:00 AM	Senior Strength - 30min	Bob	GXS
5:30 PM	Barre	Jena	BS
6:30 PM	Deep Stretch	Jill	YS

EVENING YKIDS....Tuesdays & Thursdays 4:30 - 7:30PM
 HOURS CHANGE THE 15th...M-Th 4-7PM
 Classes during this time!!

THURSDAY			
6:15 AM	Mixed Level YOGA	Kristy	YS
7:00 AM	ROW CLUB (\$)	Jessica	GXS
8:30 AM	Total Strength	Christien	GXS
8:45 AM	BARRE 30	Carrie	BS
9:20 AM	Core & More 30	Carrie	BS
9:30 AM	Cycle	Christien	CS
9:30 AM	Group Power	Holly	GXS
9:30 AM	Vinyasa YOGA	Erica	YS
11:00 AM	Chair Fitness	Erica	GXS
5:00PM	TEEN LIFT (\$)	Sevi	FTC
5:30PM	Group Power EXPRESS	Crystal	GXS
6:00 PM	Gentle YOGA	Rebecca	YS
6:20PM	Core & More 30	Crystal	GXS

FRIDAY			
6:15 AM	Cycle	Kristy	CS
8:30 AM	Barre	Jill	BS
8:30 AM	Stronger	Christien	GXS
8:30 AM	Deep Stretch	Erica	YS
9:30 AM	Cardio Dance	Angie	Gym
9:30 AM	Deep Water Cardio Strength	Cindy	POOL
9:30 AM	Cycle	Sherri	CS
9:30 AM	Pilates	Christien	BS
9:30 AM	ROW CLUB (\$)	Sevi	FTC
10:30 AM	Mixed level YOGA	Anne	YS
10:30 AM	Aquatic Blast	Cindy	POOL

SATURDAY			
8:30 AM	Cycle	Rotation	CS
9:15 AM	Group Power	Rotation	GXS
9:15 AM	YOGA - varies by week	Rotation	YS
10:30 AM	Barre	Rotation	BS
10:30 AM	Deep Stretch	Rotation	YS

Center Hours
 Mon - Thurs 5:00am - 9:00pm
 Friday 5:00am - 8:00pm
 Saturday 7:00am - 5:00pm
 Sunday 12:00pm - 5:00pm
 Please bring a water bottle & mat if needed
 Inquiries:
 Julie.Doerr@YMCAcharlotte.org
 Christien.Bass@YMCAcharlotte.org

Please REGISTER for ALL CLASSES on our YCLT+ APP

At the YMCA, we pride ourselves on building a stronger community in our group exercise program. Our class composition consist of: 30-60 minutes of recommended instruction time based off class style, social support and group interaction. Our certified instructors take an intentional approach to build lasting relationships that enhance the overall group family experience at the YMCA. We welcome ALL to join our class community! PLEASE NOTE: Appropriate clothing and footwear are required for all classes.