



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Charlotte East Wellness Center Schedule

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

## Monday

12:25 pm-12:55 pm – Dance & Strength

1:05 pm-1:35 pm – Dance & Strength

## Tuesday

12:25 pm-12:55 pm – Zumba/Dance

1:05 pm-1:35 pm – Zumba/Dance

## Wednesday

12:25 pm-12:55 pm – Athletic Conditioning

1:05 pm-1:35 pm – Athletic Conditioning

## Thursday

12:25 pm-12:55 pm – Cardio & Strength

1:05 pm-1:35 pm – Cardio & Strength

**For more information contact:**

Tammy McCullum

(704) 716-6644

Tammy.mccullum@ymcacharlotte.org



**CHARLOTTE**  
**EAST**

*Office Community*