

SESSION 2

FEBRUARY 16 TO MARCH 28



CABARRUS COUNTY
Active Living & Parks

SESSION GUIDE

Join us for fitness, wellness and education programs, carefully curated to improve the quality of life for Cabarrus County residents.

OUR MISSION:

At Cabarrus County Active Living & Parks, our mission is to enrich the quality of life for persons of all ages and abilities by providing high quality recreation, education, and social opportunities in harmony with natural resource preservation.

Check out our upcoming programs!

**REGISTRATION PERIOD:
FEBRUARY 2 - MARCH 28**

Session Break: March 30 - April 4

CLOSED: April 3 Good Friday Holiday

To register, or for more information, call 704-920-3484 or visit www.CabarrusCounty.us/register.

***Program fees subject to change at the start of each calendar year

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CABARRUS COUNTY
Active Living & Parks

www.CabarrusCounty.us/alp



MT. PLEASANT

Additional information for classes can be found [online](#).

TIME	DAY	CLASS	INSTRUCTOR
9:30 a.m.	Monday	Strength & Conditioning	Shelley
6:00 p.m.	Monday	Yoga	Sedalia
2:00 p.m.	Tuesday	Line Dance I	Peanut
6:00 p.m.	Tuesday	Step Aerobics and Strengthening	Jody
7:00 p.m.	Tuesday	Core Galore*	Jody
9:30 a.m.	Wednesday	Strength & Conditioning	Shelley
12:00 p.m.	Wednesday	Seated Strength & Flexibility	Hampton
11:00 a.m.	Thursday	Tai Chi	Ronnie
6:00 p.m.	Thursday	Zumba Fit	Michelle
10:00 a.m.	Saturday	Beginner's Hula	Joanne
10:00 a.m.	Saturday	Straps & Weights	Shelley



**MARCH 18, 2026
10:30AM-2PM**

Cabarrus Arena & Event Center

Celebrate 25 years of healthy living, active lifestyles, and community connection at this milestone event! Enjoy a full day of wellness resources, fitness demos, health screenings, and more — all under one roof.

Join in on the celebration by dressing in SILVER!

Contact our Wellness Supervisors today!

Casey Halle: crhalle@cabarruscounty.us

Samiyah Rasheed: sirasheed@cabarruscounty.us



CONCORD

***Certain classes are offered on multiple days – users must select a day of the week to join per session.

TIME	DAY	CLASS	INSTRUCTOR
9:30 a.m.	Monday	Tai Chi Yang Forms	Jim
10:00 a.m.	Monday	Yoga for Strong Bones	Janice
11:15 a.m.	Monday	Tai Chi 73 Forms	Madeline
12:30 p.m.	Monday, Wednesday, Friday***	Strength & Conditioning	Shelley
1:15 p.m.	Monday	Chair Yoga*	Hampton
2:00 p.m.	Monday, Wednesday***	Seated Strength & Flexibility	Hampton
4:00 p.m.	Monday, Thursday***	Fit in 45	Angela
5:00 p.m.	Monday	Carolina Shag (All Levels)	Pat
5:30 p.m.	Monday	Zumba Fit	Michelle
9:15 a.m.	Tuesday	Beginner's Hula*	Joanne
9:30 a.m.	Tuesday	Line Dance II	Peanut
10:00 a.m.	Tuesday, Thursday***	Advanced Group Training**	Shelley
10:00 a.m.	Tuesday	Hula*	Joanne
10:45 a.m.	Tuesday	Line Dance I	Peanut
11:00 a.m.	Tuesday, Thursday***	Group Personal Training**	Shelley
12:00 p.m.	Tuesday	Group Personal Training**	Shelley
5:30 p.m.	Tuesday	Group Personal Training**	Alexis
9:30 a.m.	Wednesday	Tai Chi Basics	Ronnie
10:45 a.m.	Wednesday	Chair Tai Chi (FREE!)	Ronnie
11:30 a.m.	Wednesday	Chair Yoga	Janice
11:15 a.m.	Wednesday	Line Dance for Beginners	Peanut
5:00 p.m.	Wednesday	Beginners Line Dance	Peanut
10:00 a.m.	Thursday	Line Dance I	Peanut
11:00 a.m.	Thursday	Tai Chi for Arthritis (FREE!)	Maridy
12:00 p.m.	Thursday	Silver Strength	Pat
1:15 p.m.	Thursday	Shag	Pat
2:15 p.m.	Thursday	Country 2 Step (FREE!)	Pat
3:15 p.m.	Thursday	Social Ballroom (FREE!)	Pat
5:30 p.m.	Thursday	Group Personal Training**	Alexis
6:00 p.m.	Thursday	Line Dance II	Peanut
10:00 a.m.	Friday	Yoga Basics	Janice
11:00 a.m.	Friday	Chair Line Dance	Peanut

DAILY FITNESS CLASSES:

Registration required for ALL fitness classes. Registration fees cover the cost of ENTIRE session. Standard fitness classes are 60-minutes (\$24).

*30-minute classes (\$12).
**Specialty classes (\$30)

AFTON		CLASS	INSTRUCTOR
TIME	DAY	CLASS	INSTRUCTOR
6:00 p.m.	Monday	RevFit	Rebecca
6:00 p.m.	Monday	YogaFit	Torri
10:00 a.m.	Tuesday	Tai Chi	Jim
11:10 a.m.	Tuesday	Chair Yoga	Jim
5:45 p.m.	Tuesday	StrikeFit*	Channel
6:00 p.m.	Tuesday	Basic Mat Pilates	Dawn
6:25 p.m.	Tuesday	Bootcamp*	Channel
9:15 a.m.	Wednesday	Strength & Stability	Kelly
9:30 a.m.	Wednesday	Line Dance	Peanut
6:00 p.m.	Wednesday	Zumba Fit	Michelle
6:00 p.m.	Wednesday	Full Body Pilates	Bria
9:30 a.m.	Thursday	SEAT	Rebecca
11:00 a.m.	Thursday	Yoga Basics	TBD
1:00 p.m.	Thursday	Line Dance	Peanut
6:00 p.m.	Thursday	Build & Burn	Jaland
6:00 p.m.	Thursday	Mat Pilates II	Dawn
10:15 a.m.	Saturday	Step Aerobics & Strengthening	Jody
11:25 a.m.	Saturday	Core Galore*	Jody

Been waiting for a spot? Now's your chance!

Snag a last-minute class spot if space opens up!

How it works:

- Sign-ups open 5 minutes after class starts if preregistered participants haven't arrived.
- You can stay even if someone shows up late — as long as we're within capacity!
- Fee is for that day only and does not reserve future spots.

\$2 for 30min classes; \$4 for 1-hour classes, \$5 for specialty classes
Ask staff for details or to sign up!



DAILY DROP-IN ACTIVITIES

Drop-in activities are fun, social ways to get involved with Cabarrus County Active Living Centers.
Activities are **FREE** and registration is **NOT** required.

AFTON



Mah Jong: Monday, 10:30 a.m. - 1:30 p.m.



Toss Up (Cornhole & more): Tuesday, 1:00 p.m. - 3:00 p.m.



Game On: Wednesday, 1:00 p.m. - 4:00 p.m.,
Saturdays, 1:00 - 4 p.m.



Bocce Group Play: Friday 1:00 p.m.- 5:00 p.m.



Billiards Group Play: Tuesday, 9:30 a.m. - 11:30 a.m.,
Thursdays, 4:30 - 7:30 p.m.



Cards & Company: Tuesday, 1:00 p.m. - 4:00 p.m.



Creative Hands: Thursdays 10:00 a.m.- 2:00 p.m.



Shuffleboard Group Play: Saturday, 10:30 a.m.-
12:00 p.m.



Badminton: Saturday, 11:00 a.m. - 3:00 p.m.

CONCORD



Game Room: Monday - Thursday, 8:30 a.m. - 7:45 p.m.
Friday, 8:30 a.m. - 4:45 p.m.



Computer Lab: Monday - Thursday, 8:30 a.m. - 7:30 p.m.
Friday, 8:30 a.m. - 4:30 p.m.



Cabarrus Quilters Guild: Tuesday, 9:00 a.m. - 3:00 pm



Men's Billiards: Wednesday, 8:00 a.m. - 12:00 p.m.
Ladies' Billiards: Wednesday, 12:30 p.m. - 3:30 p.m.



Concord Opry Jam: Wednesday, 6:30 p.m. - 8:00 p.m.



Table Tennis: Thursday, 5:00 p.m. - 7:45 p.m.



Variety Games: Friday, 12:30 p.m. - 4:00 p.m.



Mahjong: Tuesday, 12:30 p.m. - 4:00 p.m.



Creative Hands: First, Third, and Fifth
Wednesday, 12:00 p.m. - 3:00 p.m.



Photography Club: First and Third, Wednesday,
1:00 p.m. - 3:00 p.m.



Euchre: Thursday, 10:00 a.m. - 12 :00 p.m.



Bridge: Tuesday, 12:30 p.m.- 4 p.m.



Mexican Train Dominoes: Thursday,
1:00 p.m. - 3 :00 p.m.



Bingo: Third Friday, 12:30 p.m., Sponsored by
Cabarrus County Council on Aging



Coffee & Conversation: Third Friday, 1:30
p.m., Sponsored by Cabarrus County Council
on Aging

MT. PLEASANT



Social Cards: Tuesday, 12:30 p.m.



Bingo: Second Tuesday, 1:00 p.m.



Table Tennis: Tuesday, 5:00 p.m. and
Saturday, 1:00 p.m.



Yarn Creations Club: Wednesday,
12:30 p.m. - 3:00 p.m.



Puzzles: Wednesday, 1:30 p.m.



Cornhole: Monday - Thursday, 10:00 a.m. - 7:00 p.m.
Friday - Saturday, 11:00 a.m. - 5:00 p.m.



Chess: First and Third Thursday, 1:00 p.m.



Greeting Card Making Club: Second Saturday,
10:00 a.m. - 12:00 p.m.



Badminton: Monday - Thursday, 10:00 a.m. - 7:00 p.m.
Friday - Saturday, 11:00 a.m. - 5:00 p.m.

LUNCHPLUS CLUBS

The LunchPlus Club program provides nutrient-rich and balanced meals that coincide with social opportunities for older adults. Fitness classes are currently provided at the Midland location. For more information about the LunchPlus Club program, call 704-920-3484.

TIME	DAY	LOCATION	CLASS	INSTRUCTOR
9:30 a.m.	Monday	Midland	Total Body Strength & Cardio	Ken
9:30 a.m.	Wednesday	Midland	Total Body Strength & Cardio	Ken

LUNCHPLUS CLUB LOCATION:

Concord

Logan Multipurpose Center
184 Booker Dr. SW
704-785-5512

Midland

United Love Baptist
11487 Flowes Store Rd.
704-785-5689

Mt. Pleasant

Mt. Pleasant LunchPlus Club
8615 Park Dr.
980-895-1317

Harrisburg

Harrisburg United Methodist
4560 Highway 49 South
704-794-3947

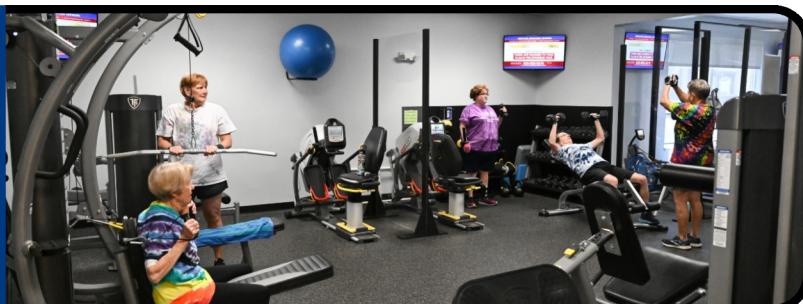
Kannapolis*

Bethpage Presbyterian Church
6020 Mooresville Rd., Kannapolis
704-785-6444

Northwest Cabarrus

Bethpage Presbyterian Church
6020 Mooresville Rd., Kannapolis
704-794-7239

**The Kannapolis location is still
operating out of a temporary
location in partnership with
Northwest Cabarrus*



Senior Games Registration NOW OPEN!

Early-Bird Registration Feb. 1-28 (\$20)

Standard Registration Mar. 1-18 (\$25)

For more information call 704-920-3484

ACTIVE LIVING CENTER & PARKS

Active Living Center, Concord

331 Corban Avenue SE, Concord; (704)-920-3484
Mon - Thurs: 8 a.m. - 8 p.m. and Fri: 8 a.m. - 5 p.m.

Active Living Center, Mt. Pleasant

1111 N. Washington St., Mt. Pleasant; (704)-920-7483
Mon - Thurs: 9 a.m. - 8 p.m., Fri/Sat: 10 a.m. - 6 p.m.

Active Living Center, Afton Ridge

6095 Glen Afton Blvd., Kannapolis; (704)-920-3490
Mon - Thurs: 9 a.m. - 8 p.m., Fri/Sat: 10 a.m. - 6 p.m.

Camp T.N. Spencer Park

3155 Foxford Rd. Concord
(704)-920-2747

Frank Liske Park

4001 Stough Rd., Concord
(704)-920-2701

Rob Wallace Park

12900 Bethel School Rd, Midland
(704)-920-2727

Vietnam Veterans Park

760 Orphanage Rd., Concord
(704)-920-2747

Virginia Foil Park

1111 N. Washington St., Mt. Pleasant

**REGISTER
TODAY!**



Not sure which class is right for you? See our staff to book a one-time class and observe at no charge!

Follow us: @CabCoAlp



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