

**SESSION 4**

**MAY 18TH - JUNE 27TH**



**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:  
MAY 4TH - JUNE 27TH**

**FACILITIES CLOSED:  
MAY 25<sup>TH</sup> & JULY 4<sup>TH</sup>**

To register, or for more information, call 704-920-3484 or visit [www.CabarrusCounty.us/register](http://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](http://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
6:00 p.m.	Monday	Ladies Who Lift II	Casey
2:00 p.m.	Tuesday	Line Dance I	Peanut
6:00 p.m.	Tuesday	Low Impact Aerobics	Alexis
9:30 a.m.	Wednesday	Strength & Conditioning	Shelley
12:00 p.m.	Wednesday	Seated Strength & Flexibility	Hampton
6:15 p.m.	Wednesday	Strength and Step	Jody
6:00 p.m.	Thursday	Zumba Fit	Michelle
5:00 p.m.	Friday	Strength Training	Alex
10:00 a.m.	Saturday	Beginner's Hula	Joanne
10:15 a.m.	Saturday	Straps & Weights	Shelley
11:15 a.m.	Saturday	Straps & Weights	Shelley
12:00 p.m.	Saturday	Yoga	Sedalia

## OLDER AMERICAN'S MONTH

Older Americans Month is observed in May each year. The 2026 theme is "Champion Your Health," focusing on wellness, prevention and personal responsibility for healthy aging.

From dances to health coaching, Field Day, and more. You can find FREE ways at each Active Living Center to Champion Your Health this May for Older Americans Month!



# 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	Angela/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
3:30 p.m.	Monday	Silver Strength	Pat
4:30pm	Monday	Fit in 45	Alex
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**	Casey
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	TBD/Janice
11:15 a.m.	Wednesday	Line Dance for Beginners	Peanut
5:00 p.m.	Wednesday	Beginners Line Dance	Peanut
9:00 a.m.	Thursday	Gentle Yoga	Sedalia
10:00 a.m.	Thursday	Line Dance I	Peanut
11:00 a.m.	Thursday	Tai Chi for Arthritis	Maridy
12:00 p.m.	Thursday	Silver Strength	Pat
1:15 p.m.	Thursday	Shag	Pat
5:00 p.m.	Thursday	Fit in 45	Alex
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	Angela/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 (\$-see online)*

<b>AFTON</b>			
<b>TIME</b>	<b>DAY</b>	<b>CLASS</b>	<b>INSTRUCTOR</b>
11:00 am	Monday	Small Group Personal Training	Darling
4:30 p.m.	Monday	SEAT	Rebecca
6:00 p.m.	Monday	RevFit	Rebecca
6:00 pm	Monday	In the Mix- Dance Fit	Zaria
10:00 a.m.	Tuesday	Tai Chi	Jim
11:10 a.m.	Tuesday	Chair Yoga	Jim
5:45 p.m.	Tuesday	Xtreme Step*	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
1:00 pm	Wednesday	Large Group Personal Training	Darling
6:00 p.m.	Wednesday	Zumba Fit	Michelle
6:00 p.m.	Wednesday	Full Body Pilates	Dawn
11:00 a.m	Thursday	Yoga Basics	Sedalia
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
11:00 am	Friday	In the Mix- Dance Fit	Zaria
10:15 a.m.	Saturday	Step Aerobics & Strengthening	TBD
11:25 a.m.	Saturday	Core Galore*	TBD



Join us for **Women's Health Day** May 14th  
at Afton Ridge Active Living Center!

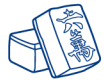
Health Fair: 4-6pm • Social Hour: 6-7:30pm



# 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: Monday 12:30 p.m.- 3:30 p.m. (beginning 4-20)  
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.

## OFFSITE FITNESS CLASSES:

Explore our offsite locations—including parks and LunchPlus sites—for even more ways to stay active!  
Be sure to check the location when registering. For more information, call 704-920-3484.

TIME	DAY	LOCATION	CLASS	INSTRUCTOR
9:30 a.m.	Monday	Midland LunchPlus	Total Body Strength & Cardio	Ken
9:30 a.m.	Wednesday	Midland Lunch Plus	Total Body Strength & Cardio	Ken
6:00 pm	Wednesday	Rob Wallace Park	Yoga Basics	Sarah P.
9:00 am	Saturday	Rob Wallace Park	Sunrise Yoga	Sarah P.

## LUNCHPLUS CLUB LOCATION:

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.

### 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

### Kannapolis

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

### Harrisburg

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

## YOU DON'T WANT TO MISS THIS!

Join us for our 2<sup>nd</sup> Annual OAM Adult Field Day  
at Frank Liske Park.

**Compete. Laugh. Have a BLAST.**

See you May 21st at 10 am!

For more information call 704-920-3507



## 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.

**REGISTER  
TODAY!**



### 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

*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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