

SESSION 7

OCTOBER 5TH - NOVEMBER 14TH



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.

Touch-a-Truck 2026

Join us at Touch-a-Truck, a free event on October 31, 2026 from 9 a.m.–1 p.m. at the Cabarrus Arena & Events Center in Concord, featuring candy, games, giveaways, and Halloween costumes encouraged! Admission is free (\$10 parking), and the event includes a low-sensory window from 9–10:30 a.m. with no sirens or flashing lights.

REGISTRATION PERIOD: SEPTEMBER 21 - OCTOBER 17

Closed: November 11

Session Break: September 28 -October 3
NO CLASSES, ORIENTATIONS OR PROGRAMS

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

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)*

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	Low Impact Dance Aerobics	Alexis
6:30 p.m.	Tuesday	Small Group Fitness Training**	Alexis
9:30 a.m.	Wednesday	Strength & Conditioning	Shelley
12:00 p.m.	Wednesday	Seated Strength & Flexibility	Hampton
6:15 p.m.	Wednesday	Strength & Step	Jody
6:00 p.m.	Thursday	Zumba Fit	Michelle
5:00 p.m.	Friday	Strength Training	Alex
10:15 a.m.	Saturday	Beginner's Hula	Joanne
10:15 a.m.	Saturday	Straps & Weights	Shelley
11:15 a.m.	Saturday	Straps & Weights	Shelley

Jack o Lantern Jaunt 5K race and Trunk or Treat

Join us at Frank Liske Park for our Jack O Lantern Jaunt 5k!

Never did a 5k before? Not sure where to start? Join the Couch to 5K program at Afton ALC

Don't forget to stick around afterwards for a Trunk or Treat and Health and Wellness Basket Raffle!



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.

CONCORD

***Certain classes are offered on multiple days – Users must select a day of the week to join per session. Additional information for classes can be found [online](#).

TIME	DAY	CLASS	INSTRUCTOR
9:30 a.m.	Monday	Tai Chi Yang Forms	Jim
10:00 a.m.	Monday	Yoga for Strong Bones	Michelle C/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
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
4:00 p.m.	Tuesday	Fit in 45 - Strength	Alex
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	Janice
11:15 a.m.	Wednesday	Line Dance for Beginners	Peanut
5:00 p.m.	Wednesday	Line Dance for Beginners	Peanut
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	Carolina Shag	Pat
5:00 p.m.	Thursday	Fit in 45	Alexis
5:00 p.m.	Thursday	Group Personal Training**	Alex
6:00 p.m.	Thursday	Line Dance II	Peanut
6:00 p.m.	Thursday	Yoga	Sedalia
10:00 a.m.	Friday	Yoga Basics	Janice

THIS OCTOBER AT AFTON:

Beginning October 12th, the Afton Library and Active Living Center will operate as an Early Voting Site. Please join us at Frank Liske Park for special Afton Games programming and fitness classes. More information can be found on our website*.

*No Orientations

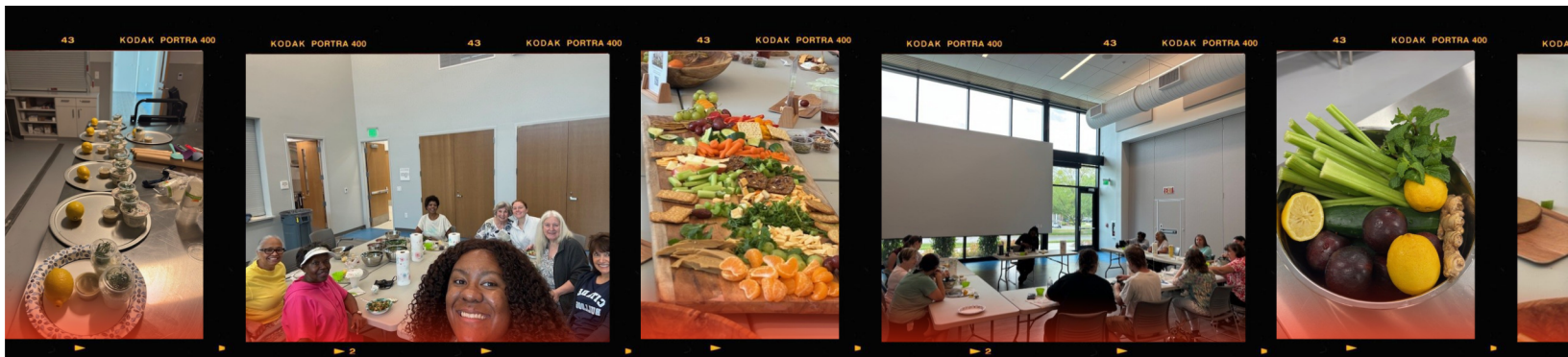
AFTON GAMES AT FRANK LISKE PARK

Fitness classes, orientations, and programs will resume regular schedule in November.

TIME	DAY	CLASS	INSTRUCTOR
4:00 p.m.	Monday, Wednesday	Couch to 5K	Samiyah, Sarah P
6:00 p.m.	Wednesday	Zumba**	Michelle
10:30 a.m.	Friday	Low Impact Aerobics**	Sarah B

**Afton Games fitness classes are free. Registration Required.

Fresh Table cooking classes will return in November!



Exercises for Joint Health: Accelerate Physical Therapy

Join a physical therapist-led stretching workshop that uses joint decompression techniques to build mobility, confidence, and pain-free movement.

Concord ALC.....October 27 10:30am

Mt. Pleasant ALC.....November 17 10:30 am

Afton ALC.....December 15 10:30am

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



Mahjong: Monday, 10:30 a.m. - 1:30 p.m.



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



Puzzle Swap: First Tuesday 2:00 p.m.-3:00 p.m.



Badminton: Reservations are required, please call to reserve



Cornhole: Friday , 2:00 p.m. - 4:00 p.m.



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

CONCORD



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



Computer Lab: Monday-Thursday, 8:30 a.m. - 7:30 p.m. and 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. - 7:45 p.m.



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



Jim Graeber Walking Trail - Daily, Sunrise - Sunset
Outdoor Fitness Center - Daily, Sunrise - Sunset



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. and
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, 1:00 p.m. and
Saturday, 1:00 p.m.



Diamond Divas Club: Second Tuesday, 6-7 p.m.



Puzzles: Friday, 1:30 p.m.



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



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



Tuesday Game Day: Tuesday, 2:30-4 p.m.



Euchre: First and Third Monday 10:30 a.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 LunchPlus	Total Body Strength & Cardio	Ken

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	Midland	Mt. Pleasant	Kannapolis	Harrisburg
Logan Multipurpose Center 184 Booker Dr. SW 704-785-5512	United Love Baptist 11487 Flowes Store Rd. 704-785-5689	Mt. Pleasant LunchPlus Club 8615 Park Dr. 980-895-1317	First Wesleyan Church 301 Bethpage Rd Kannapolis 704-785-6444	Harrisburg Presbyterian Church 4815 NC Hwy 49S, Harrisburg 704-794-3947

Wellness Walks for Breast Cancer!

Join us on Wednesdays in October for a breast cancer walk at each location!

Afton 10/07 10-11am

Concord 10/14 10-11am

Mt Pleasant 10/21 10-11am



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)-920-3484
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