

Andre Hairston's Cardio Craze - November 2014

Cornwell Center Gym - 2001 Selwyn Avenue, Charlotte, NC 28207

\$5 each per class. Complimentary Child Care available only on Saturdays.

**Classes are also held at Fitness Connection Ballantyne & Indian Trail, as well as the Morrison YMCA.
Please visit their websites for their current monthly gym schedules.**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 9:30am - \$5/each Cornwell Center Gym
2 3:30pm - \$5/each Cornwell Center Gym	3	4	5 6:30pm - \$5/each Cornwell Center Gym	6	7	8 9:30am - \$5/each Cornwell Center Gym
9 3:30pm - \$5/each Cornwell Center Gym	10	11	12 6:30pm - \$5/each Cornwell Center Gym	13	14	15 9:30am - \$5/each Cornwell Center Gym
16 3:30pm - \$5/each Cornwell Center Gym	17	18	19 —NO CLASS—	20	21	22 9:00-10:30am \$5 each Cornwell Center Gym
23 3:30pm - \$5/each Cornwell Center Gym	24	25	26 6:30pm - \$5/each Cornwell Center Gym	27	28 11:30am-12:45pm \$5 each Cornwell Center Gym	29 9:30am - \$5/each Cornwell Center Gym
30 3:30pm - \$5/each Cornwell Center Gym						