ABOUT THE PROGRAM

The OWLS program is sponsored by the Lake Norman YMCA, funded through Annual Community Support Campaign contributors and the generosity of the facilities listed on our schedule. All instructors are certified and are employees of the Lake Norman YMCA. Classes are chair fitness or chair yoga.

Mission:
To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

ENJOY THIS PROGRAM?
Feel free to share this newsletter with anyone who you think may find it useful.

QUESTIONS, COMMENTS, IDEAS?
Questions about the OWLS program?
Ready to register for OWLS?
Contact
Lisa Blahusch
YMCA: 704-716-4400
Cell: 614-214-3373
Lisa.Blahusch@ymcacharlotte.org
## WEEKLY SCHEDULE

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>11:00 AM Huntersville Presbyterian Church</td>
<td>10:30 AM Ada Jenkins Center</td>
<td>11:00 AM Huntersville Presbyterian Church</td>
<td>11:15 AM Yoga Davidson United Methodist Church</td>
<td>10:30 AM Ada Jenkins Center</td>
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<tr>
<td>Instructor: Anne Johnson</td>
<td>Instructor: Anne Johnson</td>
<td>Instructor: Lisa Blahusch</td>
<td>Instructor: Christy Gepfert</td>
<td>Instructor: Anne Johnson</td>
</tr>
<tr>
<td>1:30 PM Yoga Bethel Presbyterian Church</td>
<td>1:30 PM Bethel Presbyterian Church</td>
<td>2:00 PM Mt. Zion United Methodist Church</td>
<td>1:30 PM Bethel Presbyterian Church</td>
<td>2:00 PM Mt Zion United Methodist Church</td>
</tr>
<tr>
<td>Instructor: Anne Johnson</td>
<td>Instructor: Lisa Blahusch</td>
<td>Instructor: Lisa Blahusch</td>
<td>Instructor: Angie Simmons or Christy Gepfert</td>
<td>Instructor: Anne Johnson</td>
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### OWLS CANCELLATIONS:

- Monday January 18th all locations closed
- March 21st –March 25th all locations closed
- March 28th Bethel Church closed
- April 22nd Mount Zion closed
- May 25th Mount Zion closed
- May 30th all locations close

### FACILITY PARTNERS:

- **Huntersville Presbyterian Church:** 201 South Old Statesville Rd., Huntersville NC
- **Ada Jenkins Center:** 212 Gamble Street, Davidson NC
- **Davidson United Methodist Church:** 233 South Main St, Davidson NC
- **Bethel Presbyterian Church:** 19920 Bethel Church Rd, Cornelius NC
- **Mt. Zion United Methodist:** 19600 Zion Ave, Cornelius NC