

FREE Exercise Classes

Healthy Lives Healthy Futures (HLHF) is a grant funded community fitness program offering free exercise classes throughout the counties of Cabarrus, Mecklenburg, and Rowan. Volunteers from local churches are trained by Cabarrus Health Alliance exercise professionals to lead weekly exercise classes at their church. Classes vary by location and include senior based fitness, low-impact aerobics, strength training, circuit training, kickboxing, yoga, and tai chi. Contact a church below for a schedule of available classes.

If you need assistance choosing a class, please contact Jenn West, HLHF Wellness Coordinator, at 704-920-1337 or jlwest@cabarrushealth.org.

Cabarrus County Churches

Bellefonte Presbyterian Church

8866 Rocky River Rd
Harrisburg, NC 28075
Church: 704-455-5089

Centergrove Road Church of Christ

2304 Centergrove Road
Kannapolis, NC 28083
Salathia Davis: 704-796-8118

First Missionary Baptist Church

59 Chestnut SW
PO Box 1322
Concord, NC 28026
Faith Nurse: 704-788-3815

Mount Pleasant United Methodist Church

Seniors Fitness Only
1260 N College St.
Mt Pleasant, NC 28124
Church: 704-436-8845

New Life Independent Baptist Church

1281 Biscayne Drive
Concord, NC 28025
Church: 704-782-6125

Price Memorial A.M.E. Zion Church

192 Spring Street, S.W., P.O. Box 692
Concord, NC 28026
Church: 704-786-6818

Zion Wesley A.M.E Zion

9001 Reid St
Mt Pleasant, NC 28124
Church: 704-436-9753

Macedonia Missionary Baptist Church

6740 Macedonia Church Road
Concord, NC 28027
Church: 704-269-8659

Oak Grove Baptist Church

200 Sims Pkwy,
Harrisburg, NC 28075
Church: 704-900-4883

Cont. on back



www.hlhf.org

Cabarrus County Continued

Templo de Redención (Spanish speaking)

(Temple of Redemption)

1033 Rockland Circle SW

Concord, NC 28027

Rita Dominguez: 704-403-4793

or 704-441-4197

Charlotte Area Churches

East Stonewall A.M.E. Zion Church

1729 Griers Grove Road

Charlotte, NC 28215

Church: 704-394-2540

Greenville Memorial A.M.E. Zion Church

6116 Montith Drive

Charlotte, NC 28213

Church: 704-596-4742

C.N. Jenkins Memorial Presbyterian Church

1421 Statesville Ave

Charlotte, NC 28206

Text Tanja Anderson: (704) 960-0161 or

email: templebuilding@cnjenkins.org

Pleasant Hill Baptist Church

517 Baldwin Avenue

Charlotte, NC 28204

Church: 704-376-1201

Prince of Peace Lutheran Church

3001 Beatties Ford Rd.

Charlotte, NC 28216

Margaret Davis: 704 596-3902

15th Street Church of God

615 E. 15th St

Charlotte, NC 28206

Church: 704-377-3208

Love Fellowship Church

2817 W. Sugar Creek Road

Charlotte, NC 28217

Church: 704-921-1550

Second Calvary Baptist Church

114 Nelson Ave

Charlotte, NC 28216

Church: 704-399-0378

New Life Fellowship Church

1337 Samuel Street

Charlotte, NC 28206

Renee Robinson: 980-208-8050

areneerobinson3@Gmail.com

Rowan County Churches

Crown In Glory Lutheran Church

Seniors Fitness Only

517 E Bank St

Salisbury, NC 28144

Church: 704-633-0067

Mt. Zion Missionary Baptist Church

1920 Shirley Avenue

Salisbury, NC 28145

Church: Linda Beaty 704-798-8559

Trinity Presbyterian Church

300 S. Caldwell St.

Salisbury, NC 28144

Church: 704-636-6854

