

KANNAPOLIS GROUP EXERCISE SCHEDULE

Land and Water Classes

APRIL 2017



MONDAY

Time	Class	Instructor	Location	Level
AM CLASSES				
8-8:45am	Cardio Pump	Dallus	Pool	1-2
9-9:45am	Easy Does It	Dallus	Pool	1
10-11am	Aqua XXTreme	Dallus	Pool	1-2
9-10am	Pump & Tone	Taryn	AR	2-3
10-11am	Barre Fusion	Katie	AR	1
11:15-12:15pm	SilverSneakers® Classic	Dawn	AR	1
PM CLASSES				
6:00-6:45pm	Cycle	Silvia	AR	2
6:30-7:30pm	Kids Fit	Erika	YFZ	ALL
7-8pm	Barre	Cathy	AR	ALL

TUESDAY

Time	Class	Instructor	Location	Level
AM CLASSES				
8-8:45am	Aqua Fusion	Matt	Pool	1
9-9:45am	Aquacize	Dawn	Pool	1
9:30-10:30am	Tabata	Rhoda	CTR/GYM	2-3
9:15-10:10am	Yoga Fusion	Andrea	AR	2-3
10:15-11am	Intervelocity	Dawn	AR	1-2
11-12pm	SilverSneakers® Cardio	Dawn	AR	1
12-1pm	One Step At A Time	Evelyn	AR	1
PM CLASSES				
5:45-6:45pm	HEAT	Michelle	AR	2-3
6-7pm	Subtle Flow Yoga	Amelia	MPR	ALL
6:45-7:45pm	Weight Definition	Heather	AR	2-3

WEDNESDAY

Time	Class	Instructor	Location	Level
AM CLASSES				
8-8:45am	Cardio Pump	Matt	Pool	1-2
9-9:45am	Easy Does It	Matt	Pool	1
10-10:45 am	Cardio Pump	Matt	Pool	2-3
9:00-10am	HITT	Taryn	AR	2-3
10:10-11:10am	Gentle Yoga	Andrea	AR	1-2
11:30-12:30pm	Chair Yoga	Andrea	AR	1
PM CLASSES				
6-7pm	Tabata Drills	Michelle	AR	3

THURSDAY

Time	Class	Instructor	Location	Level
AM CLASSES				
8-8:45am	Aqua Ease	Alisha/Matt	Pool	1-2
9-9:45am	H2O Sports Conditioning	Alisha/Matt	Pool	2-3
10:30-11:30am	Aquacize	Dawn	Pool	1
9-10am	SilverSneakers® Classic	Dawn	AR	All
9:30-10:30am	Tabata	Rhoda	CT/GYM	2-3
10:45-11:30am	Dance Combo	Elaine	AR	All
11:30-12:30pm	Tai-Chi	Jim	AR	All
PM CLASSES				
5:30-6:15pm	Zumba	Cathy	AR	ALL
6:30-7:30pm	Box & Burn	Michelle	AR	2-3
6:15-7:30pm	Kids Fit	Erika	YFZ	ALL

FRIDAY

Time	Class	Instructor	Location	Level
AM CLASSES				
8-8:45am	Aqua Fusion	Matt	Pool	1-2
9-9:45am	Easy Does It	Matt	Pool	1
10-11am	Cardio Pump	Matt	Pool	2-3
9-10am	Total Strength	Katie	AR	2-3
10:30-11:30am	Chair Yoga	Jim	AR	1
11:30-12:30pm	SilverSneakers® Circuit	Dawn	AR	1

SATURDAY

Time	Class	Instructor	Location	Level
AM CLASSES				
8:30-9:30am	Triple Threat	Rotation	AR	2-3

APRIL ANNOUNCEMENTS

HOLIDAY CLOSING:
Easter Sunday, April 16

QUESTIONS? CONTACT:

LAND GROUP EXERCISE: Rhoda Waters at 704.939.9622 ext. 718
or rwaters@cannonymca.org

WATER GROUP EXERCISE: Aquatics Coordinator at
704.939.9622 ext. 719

CLASS DESCRIPTIONS

FOR ALL LEVELS:

Subtle Flow Yoga: Wellness at all levels, physical, emotional, and spiritual, focusing on breathing techniques, mindful meditation, and gentle yoga postures.

Dance Combo: 45 minutes of different dance moves.

Intervelocity: A low-impact, high-energy rhythmic class including a strength training section.

Zumba®: A fun and effective workout system that combines a tough workout with a party like atmosphere. This Latin dance inspired class is an easy to follow calorie burning fitness party.

BARRE: A low-impact, full-body workout using a ballet bar, light dumbbells and bands.

BARRE Fusion: A combination class that uses areas of Barre and Yoga. This class fuses aspects from both to give you a great full body workout and stretch.

Tai Chi: Mindful movement practice of exercises and forms to promote health and improve balance, strength and confidence.

LEVEL 1: BEGINNER/INTERMEDIATE

Gentle Yoga: Learn poses and move slowly through deep stretches. Gentle yoga will help you gain flexibility, strength and relaxation.

Chair Yoga: Beginner Yoga using chairs.

SilverSneakers® Classic: Increase muscular strength, range of movement, and activity for daily living skills in this class. Handheld weights, elastic tubing with handles, and a SilverSneakers® ball are offered for resistance; a chair is used for seated and/or standing support.

SilverSneakers® Circuit: Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper-body strength work using hand-held weights, elastic tubing with handles and a SilverSneakers ball is alternated with low-impact aerobic choreography. A chair is available for standing support, stretching and relaxation exercises.

SilverSneakers® Cardio: Get up & go with an aerobics class for you- safe, heart-healthy and gentle on the joints. The workout includes easy-to-follow low-impact movement, upper-body strength, abdominal conditioning, stretching and relaxation exercise designed to energize your active lifestyle.

One Step At A Time: Will consist of beginner dance moves that are easy to learn because you are taught one move at a time. It will be a fun and easy way to get the body moving through dance.

Easy Does It: This class is based on the Arthritis principles of slow moves and repetition to increase flexibility and balance. Experience a very mild cardiovascular workout (optional) through this relaxing, yet beneficial, class designed to relieve joint discomfort. This class ends with mild to moderate stretching for cool down.

Aquacize: Experience the power of water while you develop your aerobic fitness, muscular strength, and flexibility during this water workout. A variety of water fitness equipment will be used as well.

Aqua Ease: Experience soothing exercise in the pool. Ease soreness and body aches as you discover how water provides support, assistance and resistance. Improve balance, enhance flexibility and restore mobility through gentle water movement.

LEVEL 2: INTERMEDIATE/ADVANCED

Weight Definition: Weight lifting which works all major muscle groups.

Yoga Fusion: A blend of the Vinyasa style with a bit of Pilates based core work infused into the practice.

Box & Burn: Class consists of basic kickboxing and sculpting intervals for a total-body workout.

Cycle: The class is a no-impact cardiovascular workout. Great for all levels of fitness. Intensity is controlled individually at each bike.

Total Strength: This class focuses on total-body conditioning using weights, tubing, body bars and stability balls.

Water Blast: Work the entire body with this traditional, low-impact, shallow-water class: includes cardiovascular fitness for the heart, toning of the arms and legs, abdominal workout and stretching. This class is taught in shallow water.

Cardio Pump: Work at a moderate pace for a full-body workout. Use weights and noodles to increase intensity and add strengthening exercises. This class is held in shallow water and is for beginner-to-intermediate levels of fitness.

Aqua Fusion: Engage in exercises that move from large muscle groups to cardio actions through water, focusing on total-body conditioning. The class is fast and fun, still allowing each participant to exercise at his or her own pace.

LEVEL 3: ADVANCED

Triple Threat: A hour of work that includes cardio, weights and abs.

Tabata Drills: High-intensity class designed to push speed and explosion. For the fitness enthusiast who wants "more"!

Tabata: A tabata workout is an interval training cycle of 20 seconds of Maximum intensity exercise, followed by ten seconds rest, repeated eight times for a total of four minutes per exercise.

HEAT: This class uses non-choreographed exercises to train athletes and non-athletes to perform better in sport and life. Class combines plyometric and athletic drills, sports conditioning exercises, power and strength training. All fitness levels are welcome. Come feel the HEAT!

HIIT (High Intensity Interval Training): HIIT consists of short, intense anaerobic exercises with less-intense recovery periods. These short, intense workouts improve athletic capacity and fat burning. Each class will include various forms of strength and core training.

Aqua XXtreme: Take your cardio fitness to new levels with 45 minutes of low-impact, intense interval training. No equipment is necessary but come prepared to work hard and get wet in the process.

H2O Sports Conditioning: Learn how to improve physical function and enhance your natural abilities in our playful, shallow water 'boot camp' workout. Rediscover the fun of water and achieve a great cardiovascular, strength, and agility workout that will leave you feeling truly great.