

GROUP EXERCISE SCHEDULE

APRIL

WEST CABARRUS YMCA



MONDAY

Time	Class	Instructor	Location	Level
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AM Classes

5:30-6:30am	Cardio & Strength	Stacey	A	2
8:30-9:25am	Cycle	Stephanie	B	2
8:40-9:25am	Strength Circuits	Amy	A	2
9:30-10:30am	Zumba®	Sifa	GYM B	ALL
9:30-10:30am	Cardio Blast	Deanne	A	2-3
9:35-10:35am	Pilates	LeeAnn	B	1-2
10:30-11:30am	Gentle Yoga	Andrea	A	1

PM Classes

12-1pm	SilverSneakers® Classic	Kim	A	1
12-1pm	Cycle	Stephanie	B	2
1:15-2:15pm	SilverSneakers® Circuit	Kim	A	1
5:45-6:40pm	Zumba®	Cathie	A	ALL
5:45-6:30pm	Cycle	Elizabeth	B	2
6:45-7:45pm	Box & Burn	Laura	A	3
6:45-7:45pm	Yoga	Kelly	B	1-2

TUESDAY

Time	Class	Instructor	Location	Level
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AM Classes

5:30-6:15am	Cycle	John	B	2
8:30-9:25am	BARRE	Yvonne	A	1
9:30-10:30am	Yoga	Michelle	A	2
9:30-10:30am	HIIT	Deanne	GYM B	2-3
10:45-11:30am	Easy Does It Cardio	Kim	A	1

PM Classes

2:15-3:15pm	Tai Chi	Jim	A	ALL
5:45-6:40pm	Step	Laura	A	2-3
6-6:55pm	BARRE	Lisa	B	1
6:45-7:45pm	Total Strength	Laura	A	2
7:05-8:05pm	Yoga	Angela	B	2

WEDNESDAY

Time	Class	Instructor	Location	Level
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AM Classes

5:30-6:15am	Cycle	Stacey	B	2
8:30-9:15am	Cross Training	Kandie	A	2-3
9:30-10:30am	Zumba®	Mia	GYM B	ALL
9:30-10:15am	Cross Training	Kandie	A	2-3
10:30-11:30am	Yoga Fusion	LeeAnn	A	1-2
10:30-11:30am	Zumba Gold®	Elizabeth	B	ALL

PM Classes

12-1pm	Cycle	Stephanie	B	2
5:45-6:30pm	Cycle	John	B	1
5:50-6:45pm	HIIT	Laura	A	2-3
6:45-7:45pm	PiYo	Jamie	B	1-2
6:50-7:50pm	Zumba®	Cathie	A	ALL

THURSDAY

Time	Class	Instructor	Location	Level
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AM Classes

5:30-6:15am	Cycle	John	B	2
8:30-9:25am	Box & Burn	Laura	A	3
9:15-10:30am	Pilates Fusion	LeeAnn	B	2
9:30-10:30am	Total Strength	Kim	A	2

PM Classes

12-1pm	SilverSneakers® Classic	Kelly	A	1
1:15-2pm	Chair Yoga	Kelly	A	1
2:15-3:15pm	Tai Chi	Jim	A	ALL
5:45-6:45pm	Total Strength	Bree	A	2
6-6:55pm	Gentle Yoga	Peggy	B	1
6:50-7:50pm	Zumba Toning®	Cathie	A	ALL
7-7:45pm	INSANITY	LaRhonda	B	2-3

FRIDAY

Time	Class	Instructor	Location	Level
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AM Classes

8:30-9:25am	Step	Laura	B	2-3
8:30-9:25am	BARRE	Yvonne	A	1
9:30-10:30am	Yoga	Yvonne	A	1-2
9:30-10:30am	Zumba®	Sifa	GYM B	ALL
9:35-10:35am	Cycle	Stephanie	B	2
10:45-11:45am	Pilates on the Foam Roller	Susan	B	1

PM Classes

12-1pm	Cycle	Stephanie	B	2
5:45-6:45pm	Yoga	Helen	A	1
5:45-6:30pm	Cycle	John	B	2

SATURDAY

Time	Class	Instructor	Location	Level
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AM Classes

8:15-9:15am	Cardio Blast	Laura/Bree	A	2
8:30-9:30am	Cycle	Janie	B	2
9:30-10:30am	Power Yoga	Yvonne	A	3
10:45-11:45am	BARRE	Lisa	A	1

APRIL ANNOUNCEMENTS

ALL CANNON BRANCHES ARE CLOSED SUNDAY, APRIL 16 FOR EASTER.

HEALTHY KIDS DAY: Saturday, April 22 from 10am-12pm.
Join us for fun activities and community vendors!

FITZONE: Wednesdays, 6-6:45pm | Ages 6-10

Check in for FITZONE is in the Playhouse

QUESTIONS?

Contact Amy Hoffner, Healthy Living Director at 704.795.9622 x219 or ahoffner@cannonymca.org

CLASS DESCRIPTIONS

FOR ALL LEVELS

Chair Yoga: An alternative to traditional yoga, it is a method for active older adults who want to build flexibility and balance, ease joints and relieve arthritis pain, using a chair versus a floor mat.

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

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.

Zumba Gold®: A class for active older adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower intensity.

Zumba Toning®: This class emphasizes muscle endurance using low weights/high reps and cardio to tone the entire body.

LEVEL 1: BEGINNER/INTERMEDIATE

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

Easy Does It Cardio: A 45 minute standing cardio class with low impact choreography designed to be a lower intensity workout.

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

Pilates: Using a variety of small equipment (straps, balls, bands), this mat class focuses on your intrinsic core muscles.

Pilates on the Foam Roller: This class will incorporate a soft foam roller massage with core strengthening and balance.

PiYO: A class with moves inspired by both Pilates and Yoga. You will burn calories, tone muscles, work on balance and stretch.

SilverSneakers® Circuit: A class consisting of standing low-impact choreography alternating with standing upper body work using hand held weights, elastic tubing and balls.

SilverSneakers® Classic: Increase muscular strength, range of movement and activity for daily living skills in this class. Hand held weights, elastic tubing with handles and a SilverSneakers® ball are offered for resistance. A chair can be used for support.

Yoga: This class takes the basic poses and puts them into working practice in order to build strength, improve balance and flexibility.

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

LEVEL 2: INTERMEDIATE/ADVANCED

Cardio Blast: All cardio formats may be used: Hi/Lo, Step or Kickboxing. Strengthening exercises may also be incorporated.

Cardio & Strength: A combination of cardio endurance exercises and strength training.

Cross Training: A 45 minute medium to high-intensity functional training routine with a focus on total body conditioning.

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

INSANITY: This workout focuses on maximal interval training where you work out your hardest in 3-5 minute intervals with short breaks in between. Exercise modifications are given for all and we challenge you at your level.

Pilates Fusion: A challenging and intense Pilates based workout focusing on core strength, flexibility and total body conditioning infused with a small blend of yoga.

Step: A cardiovascular class consisting of coordination and intense cardio intervals using an adjustable step.

Strength Circuits: A 45 minute strengthening class focusing on circuit interval training.

Total Strength: A total body conditioning class using weights, tubing, body bars and stability bars.

LEVEL 3: ADVANCED

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

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.

Power Yoga: This class is for those students seeking a demanding Yoga workout. Flow series will be prevalent here, whether fast or slow, and will be challenging.