



# FEBRUARY

## GROUP EXERCISE SCHEDULE KANNAPOLIS BRANCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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### AM CLASSES

	Silver Sneakers Splash Intensity 9:00-10:00am (DD)		Silver Sneakers Splash Intensity 9:00-10:00am (DD)		
Pump & Tone 9:00-10:00am (TH)	Body Shred 9:30-10:30am (JR)	Kickboxing 9:00-9:45am (TH)	Silver Sneakers Classic 9:00am - 10:00am (DD)	Total Strength 9:00-10:00am (JR)	Rise and Shred 9:00-10:00am (JS)
Hula Hoop 10:00-11:00am (JB)	Intervelocity 10:15-11:00 am (DD)	Crunch Time 9:45-10:00am (TH)	Tabata 9:30-10:30am (JR)	Chair Yoga 10:30-11:30am (JC)	
Silver Sneakers Classic 11:15-12:15pm (DD)	Silver Sneakers Circuit 11:00-12:00pm (DD)	Gentle Yoga 10:10-11:10am (JB)	Dance Combo 10:30-11:30am (ES)	Silver Sneakers Circuit 11:30-12:30pm (DD)	
	Modern Dance Mix 12:00-1:00pm (EB/TM)	Chair Yoga 11:30-12:30pm (JB)	Tai Chi 11:30-12:30pm (JC)		

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### PM CLASSES

Barrelates 5:00-5:45pm (LG)	HEAT 5:45-6:45pm (MS)	Tabata Drills 6:00-7:00pm (MS)	Body Blaster 5:45-6:15pm (SF)
Spinnercise (Cycle) 6:00-6:45pm (SF)	Yogalates 6:00-7:00pm (LG)	Cycle + Strength 7:15-8:00pm (SF)	Down to the Core 6:15-6:30pm (SF)
Kids Fit 6:30-7:30pm (TD/IM)	Kids Fit 6:30-7:30pm (TD/IM)		Zumba ® 6:30-7:30pm (MP)
	Weight Training Combine 6:45-7:45pm (HM)		Kids Fit 6:30-7:30pm (TD/IM)

### INSTRUCTOR LIST

DD - Dawn Davis  
 ES - Elaine Shelton  
 EB- Earlene Bost  
 HM - Heather Maness  
 I- Isabella Melo  
 JB - Jennifer Brown  
 JC - Jim Curtin  
 JS- Jillian Sheppard  
 JR - Janeth Ramirez Reyes  
 LG- Laura Griffin  
 MP - Maria Pahang  
 MS - Michelle Sides  
 SF - Silvia Freeman  
 TD - Tim Dodds  
 TH - Taryn Hare  
 TM- Theresa Miller

### LOCATION KEY

GRAY - AEROBIC ROOM

ORANGE -GYM/CF

TEAL- MPR

BLUE - POOL

KIDS FIT-YOUTH ZONE

Questions? Contact:

Rhoda Waters

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## HEALTHY HEART PLEDGE

- ♥ Walk Daily
- ♥ Drink More Water
- ♥ Take the Stairs
- ♥ Park Farther Away
- ♥ Choose Whole Grains
- ♥ Walk 7,000 Steps a Day
- ♥ Stretch 10 Minutes Every Day
- ♥ Meditate
- ♥ Work Up a Sweat 3 Times a Week
- ♥ Turn Screens Off 45 Minutes Before Bed

## SPECIAL ANNOUNCEMENTS

- Saturday class will be returning this month! However, it will not start until **February 9**
- Barre Class will now be held at 5:00-5:45pm on Mondays

## CLASS DESCRIPTIONS

Found in four locations:

1. Bulletin board outside of the Aerobics Studio.
2. On the information board in the front lobby of the Kannapolis Branch.
3. On the Cannon Memorial YMCA website under schedules: [www.cannonymca.org](http://www.cannonymca.org).
4. On the Cannon Memorial App, under Kannapolis schedules.

## NEW CLASSES THIS MONTH

Barre Class | 5:00 -5:45pm | Laura Griffin  
Yoga Class | 6:00-7:00pm | Laura Griffin  
Rise and Shred | Saturday's 9:00-10:00am | Jillian Sheppard

## KNOW YOUR #S

Knowing your numbers in key health areas can indicate your health status and point out potential warning signs. Monitoring these numbers is important in improving and maintaining wellness.

During this screening session, our trained staff will take your blood pressure, measure your waist circumference, body weight, body fat, resting heart rate and go over any food related information, as well as perform a fitness assessment and calculate what your heart rate should be while exercising. Once you have completed this assessment, our Health and Wellness staff will work with you to design a personalized health and fitness plan that best suits your needs.

### COST

FREE for YMCA Members

### REGISTRATION

Feb 18 - Mar 4

### SCREENING DATES

Thursday, Mar 7

### SESSION TIMES

11:00 am - 1:00 pm | Located in the back hallway by the Small Multi Purpose Room

\*Please register at the Member Service Desk for a guaranteed spot. Each appointment will last about 30 minutes. Walk-ins are welcome, if time allows.