

WATER EXERCISE SCHEDULE

FEBRUARY

WEST CABARRUS YMCA



MONDAY

Time	Class	Instructor	Location	Level
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AM Classes

6:00-6:45am	Aquacise For All	Rotation	Family	ALL
8:00-8:55am	Aquacise 3 Deep	DeeDee	Lap	3
8:00-8:55am	Aquacise 3	Marla	Family	3
9:00-9:55am	Aquacise 2	Marla	Family	2
10:00-10:55am	Water Walking	DeeDee	Family	1
11:00-12:00pm	Aquacise 1	Betsy	Family	1

PM Class

6:50-7:50pm	Aquacise For All	Laura M.	Family	ALL
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TUESDAY

Time	Class	Instructor	Location	Level
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AM Classes

8:00-8:55am	Aquacise 2	DeeDee	Lap	2
8:00-8:55am	Aquacise 3	Marla	Family	3
9:00-9:55am	Aquacise 2	Marla	Family	2
10:00-10:55am	Water Walking	DeeDee	Family	1
11:00-12:00pm	Aquacise 1	Betsy	Family	1

PM Class

6:50-7:50pm	Power Plunge	Kim	Family	ALL
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WEDNESDAY

Time	Class	Instructor	Location	Level
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AM Classes

6:00-6:45am	Aquacise For All	Valerie	Family	ALL
8:00-8:55am	Aquacise 3	DeeDee	Lap	3
8:00-8:55am	Tai Chi	Jim	Family	ALL
9:00-9:55am	Aquacise 2	DeeDee	Family	2
10:00-11:00am	Water Walking	DeeDee	Family	1

CONTACT

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 Water Exercise Coordinator
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THURSDAY

Time	Class	Instructor	Location	Level
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AM Classes

8:00-8:55am	Aquacise 3	Marla	Family	3
9:00-9:55am	Aquacise 2	Marla	Family	2
10:00-10:55am	Water Walking	DeeDee	Family	1
11:00-12:00pm	Aquacise 1	Betsy	Family	1

PM Class

6:50-7:50pm	Power Plunge	Kim	Family	ALL
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FRIDAY

Time	Class	Instructor	Location	Level
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AM Classes

6:00-6:45am	Aquacise for All	Rotation	Family	ALL
8:00-8:55am	Aquacise 2	Rotation	Lap	2
8:00-8:55am	Tai Chi	Jim	Family	ALL
9:00-9:55am	Aquacise 2	DeeDee	Family	2
10:00-11:00am	Aquacise 1	DeeDee	Family	1

SATURDAY

Time	Class	Instructor	Location	Level
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AM Class

8:15-9:00am	Aquacise for All	Rotation	Family	ALL
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INTRODUCTION TO WATER EXERCISE

February 6 | 10:00am

This class is for all new water fitness participants and teaches basic water moves and fundamental exercises. This class is highly recommended for new water exercisers, individuals with special conditions, post physical therapy and pregnant women. Participant exercises at his or her own pace.

WE ENCOURAGE ALL PARTICIPANTS TO WEAR WATER SHOES AND TO BRING A BOTTLE OF WATER TO CLASS.

FEBRUARY ANNOUNCEMENTS

POT LUCK LUNCHEON

Wednesday, February 20 | 11:30am-1:30pm.
 Spend time getting to know other water exercise participants, and enjoy a question and answer session with our new Senior Aquatics Director.

Please bring a healthy dish to share.

CLASS DESCRIPTIONS

ALL LEVELS: FUN FOR EVERYONE

AQUACISE FOR ALL: An invigorating and fun class with an emphasis on improving your cardiovascular and muscular endurance. This is a medium-impact, moderate intensity exercise program that incorporates a total body workout and includes cardiovascular conditioning, muscle toning, abdominal exercises and stretching. Participant exercises at his or her own individual pace.

TAI CHI : A graceful form of water exercises performed in a slow, focused manner, accompanied by deep breathing.

POWER PLUNGE: This is a medium-impact, moderate-intensity exercise program that incorporates a total body workout and includes cardiovascular conditioning, muscle toning, abdominal exercises and stretching. Participant exercises at his or her own individual pace.

LEVEL 1: BEGINNER

AQUACISE 1: This is a low-impact, total body conditioning program, which targets new water exercisers or those with exercise limitations. The combination of aerobic, strengthening and stretching exercises can offer both comfort and challenge to a variety of ability levels. Water Walking and/or Intro to Water Fitness are highly recommended before starting this class.

WATER WALKING: This class is for all new water fitness participants, teaching basic water walking moves which serve as a foundation for water fitness. This class is highly recommended for new water exercisers, individuals with special conditions, post rehab and pregnant women. Participant exercises at his or her own pace.

LEVEL 2: INTERMEDIATE

AQUACISE 2: This is a low-to-medium impact, yet awesome, cardio workout. Class participants will use noodles and dumbbells to build core strength and stabilization. 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, while allowing each participant to exercise at his or her own pace.

LEVEL 3: ADVANCED

AQUACISE 3: This is a medium-to-high impact, high-intensity aerobic conditioning class that is combined with higher intensity resistance exercises. It employs buoyant equipment, dumbbells and other apparatus to combine cardiovascular training, total body conditioning and core strengthening. This class is not recommended for new exercisers, post rehab or pregnant women.

AQUACISE 3 DEEP: This is a medium-to-high impact, high-intensity aerobic conditioning class that is combined with higher intensity resistance exercises that is located in the deep end of the Lap Pool. It employs buoyant equipment, dumbbells and other apparatus to combine cardiovascular training, total body conditioning and core strengthening. This class is not recommended for new exercisers, post rehab or pregnant women.