

WATER EXERCISE SCHEDULE

NOVEMBER

WEST CABARRUS YMCA



MONDAY

Time Class Instructor Location Level

AM Classes

6:00-6:45am	Fit & Fun For All	Chrissie	Lap	All
7:15-8:05am	Cardio Deep	DeeDee	Lap	3
8:30-9:20am	Aqua Cardio	Marla	Family	2/3
9:30-10:20am	Aqua Determination	Marla	Family	2
10:30-11:20am	Water Walking	DeeDee	Family	1

PM Class

7:30-8:20pm	Power Plunge	Rotation	Family	All
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TUESDAY

Time Class Instructor Location Level

PM Class

7:30-8:20pm	Power Plunge	Kim	Family	All
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WEDNESDAY

Time Class Instructor Location Level

AM Classes				
6:00-6:45 am	Fit & Fun for All	Chrissie	Lap	All
7:15-8:05am	Hydro Fit	Starr	Lap	2/3
8:30-9:20am	Aqua Determination	Starr	Family	2/3
9:30-10:20am	Aqua Determination	DeeDee	Family	2
10:30-11:20am	Water Walking	DeeDee	Family	1

CONTACT

DeeDee Ford
 Water Exercise Coordinator
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 704.795.9622 x220

THURSDAY

Time Class Instructor Location Level

PM Class

7:30-8:20pm	Power Plunge	Kim	Family	All
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FRIDAY

Time Class Instructor Location Level

AM Classes

6:00-6:45am	Fit & Fun for All	Chrissie	Lap	All
7:15-8:05am	Hydro Fit	Stephanie	Lap	3
8:30-9:20am	Aqua Determination	Marla	Family	2/3
9:30-10:20am	Aqua Determination	Marla	Family	2
10:30-11:20am	Water Walking	DeeDee	Family	1

NOVEMBER ANNOUNCEMENTS

- Our MORNING schedule is continuing 3 days a week. Please pay close attention to this schedule and the YMCA 360 app for *times* and *days*.
- Due to swim team practice the Hydro Fit/Cardio Deep classes will begin at 7:15am.
- All night classes will continue on Mon, Tues & Thurs beginning at 7:30pm.
- Due to swim meets, the following Tuesday night classes will be canceled: 11/7, 11/14, 11/28.
- It is imperative that you arrive on time for class. It is for your safety that we must ask members to not join a class after the first 10 minutes.
- If you are not on our new YMCA360 app, please be sure to start using this program ASAP! See DeeDee or the front desk if you are having difficulty.

CLASS DESCRIPTIONS

ALL LEVELS: FUN FOR EVERYONE

FIT & FUN 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.

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. The class is fast and fun, while allowing each participant to exercise at his or her own pace.

LEVEL 1: BEGINNER

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

AQUA DETERMINATION: This is a low-to-medium impact, yet awesome, cardio workout. Class participants will use noodles and dumbbells to build core strength and stabilization, and 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.

AQUA CARDIO MONDAY: This is a low-to-medium impact, yet awesome, cardio workout. Class participants build core strength and stabilization, and 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 2/3: INTERMEDIATE TO ADVANCED

HYDRO FIT: This is a medium impact awesome cardio workout. Class participants will use noodles and dumbbells to build core strength and stabilization, and engage in exercises that move from large muscle groups to cardio actions through the 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

CARDIO DEEP: This is a zero 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.