



NOVEMBER 2023

KANNAPOLIS GROUP EXERCISE SCHEDULE

Mon	Tue	Wed	Thu	Fri
YMCA Hours M–Th: 5a–9p F: 5a–7p Sa: 8a–4p Su: 1p–5p	Child Watch Hours –Mornings M–Sa: 8:45–11:00a Su: Closed –Evenings M–Th: 5:30–8:00p F–Su: Closed	1 8a–8:45a: M/M/M Fusion–AC 9a–10a: Total Strength– JS 10:30a–11:30a: SS Classic– AC 6p–7p: Zumba Tone– CaS	2 9a–10a: HIIT– JS 10:15a–11:15a: Chair Yoga–JB 11:15a–12:15p: SS Circuit– AC 5p–6p: REFIT– SD 6p–7p: Yoga–FH	3 8a–8:45a: M/M/M Fusion–VC 9a–10a: Total Strength– JK 10:30a–11:30a: SS Classic– VC
6 10a–10:45a Chair Yoga– AC 6p–7p: Zumba– CaS	7 9:15a–10:15a: GF Yoga– JB 10:30a–11:30a: SS Circuit– AC 12p–1p: Line Dancing– TM 5:30p–6:30p: REFIT–SD 6:30p–7:30p: Bootcamp–JK	8 8a–8:45a: M/M/M Fusion–AC 9a–10a: Total Strength– JS 10:30a–11:30a: SS Classic– AC 6p–7p: Zumba Tone– CaS	9 9a–10a: HIIT– JS 10:15a–11:15a: Chair Yoga–JB 11:15a–12:15p: SS Circuit– AC 5p–6p: REFIT– SD 6p–7p: Yoga–AC	10 8a–8:45a: M/M/M Fusion–AC 9a–10a: Total Strength– JK 10:30a–11:30a: SS Classic– AC
13 10a–10:45a Chair Yoga– AC 6p–7p: Zumba– CaS	14 9:15a–10:15a: GF Yoga– JB 10:30a–11:30a: SS Circuit– AC 12p–1p: Line Dancing– TM 5:30p–6:30p: REFIT–SD 6:30p–7:30p: Bootcamp–JK	15 8a–8:45a: M/M/M Fusion–AC 9a–10a: Total Strength– JS 10:30a–11:30a: SS Classic– AC 6p–7p: Zumba Tone– CaS	16 9a–10a: HIIT– JS 10:15a–11:15a: Chair Yoga–JB 11:15a–12:15p: SS Circuit– AC 5p–6p: REFIT– CaS 6p–7p: Yoga– AC	17 8a–8:45a: M/M/M Fusion–AC 9a–10a: Total Strength– JK 10:30a–11:30a: SS Classic– AC
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27 10a–10:45a Chair Yoga– AC 6p–7p: Zumba– CaS	28 9:15a–10:15a: GF Yoga– JB 10:30a–11:30a: SS Circuit– AC 12p–1p: Line Dancing– TM 5:30p–6:30p: REFIT–SD 6:30p–7:30p: Bootcamp–JK	29 8a–8:45a: M/M/M Fusion–AC 9a–10a: Total Strength– JS 10:30a–11:30a: SS Classic– AC 6p–7p: Zumba Tone– CaS	30 9a–10a: HIIT– JS 10:15a–11:15a: Chair Yoga–JB 11:15a–12:15p: SS Circuit– AC 5p–6p: REFIT– CaS 6p–7p: Yoga– FH	Red– Virtual Class Purple– Substitute Instructor

**Low
Intensity**

Water Aerobics - For swimmers and non-swimmers. Strength training, stretches for flexibility and to help with everyday tasks.

Gentle Flow Yoga - A series of poses, one moving into the next, using your breath to allow your muscle to stretch and lengthen, as well as tone and strengthen your body.

Modern Line Dancing - Traditional line dancing meets modern music and moves!

Silver Sneakers Classic - Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Class will use a chair, resistance bands, and light weights. This is a **beginners** level class.

Yoga - Through a variety of breathing, stretching, and stability poses; this class will give you what your body needs physically, emotionally, and mentally.

Chair Yoga - An Alternative to traditional yoga, its a method for members who want to build flexibility and balance, ease joints and relieve pain using a chair versus a floor mat.

**Mid-High
Intensity**

Bootcamp - No frills fitness uses the most basic materials for the rawest fitness experience.

HIIT - High Intensity Interval Training will get your heart pumping, burn some major calories, and keep your body guessing all day.

Total Strength - This class focuses on the total body conditioning using weights, tubes, body bars, stability balls, in order to tone, strengthen, and burn calories!

ZUMBA - Uses a mix of Latin dance moves to get that heart pumping and tone your whole body!

REFIT- Uses a mix of strengthening exercises with dance and cardio for a full body workout!

Move/Muscle/Mind Fusion- Full body workout using weights and resistance equipment, with bouts of low impact cardio moves.

Silver Sneakers Circuit - The workout includes easy-to-follow low-impact movement, and upper-body strength, abdominal conditioning, stretching and relaxation exercises designed to energize your active lifestyle. This is a **higher intensity** class than Silver Sneakers Classic. (Participants should be able to stand for at least 40 minutes)

INSTRUCTORS:

FH - Felicia Hall

JB - Jennifer Brown

JS - Jillian Sheppard

MS - Michelle Sides

Cas - Cathie Satonick

TM - Theresa Miller

KS - Kendra Sanders

SD- Steve Sellers

JK- Jessica Kemp

AC- Alma Cruz