



APRIL 2024

KANNAPOLIS GROUP EXERCISE SCHEDULE

Mon	Tue	Wed	Thu	Fri
<p>1</p> <p>9a-9:45a Dance & Sculpt-EM 6p-7p: Zumba- CaS</p>	<p>2</p> <p>9:15a-10:15a: GF Yoga- JB 10:30a-11:30a: SS Circuit- EM 12p-1p: Line Dancing- TM 5:30p-6:30p: REFIT-SD</p>	<p>3</p> <p>9a-10a: Total Strength- JS 10:30a-11:30a: SS Classic- EM 6p-7p: Zumba Tone- CaS</p>	<p>4</p> <p>9a-10a: HIIT- JS 10:15a-11:15a: Chair Yoga- JB 5p-6p: REFIT- SD</p>	<p>5</p> <p>9a-9:45a: Total Strength- EM</p>
<p>8</p> <p>9a-9:45a Dance & Sculpt-EM 10a-10:45a Chair Yoga- AC 6p-7p: Zumba- J</p>	<p>9</p> <p>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</p>	<p>10</p> <p>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</p>	<p>11</p> <p>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</p>	<p>12</p> <p>8a-8:45a:M/M/M Fusion-AC 9a-9:45a: Total Strength- EM 10:30a-11:30a: SS Classic- AC</p>
<p>15</p> <p>9a-9:45a Dance & Sculpt-EM 10a-10:45a Chair Yoga- AC 6p-7p: Zumba- CaS</p>	<p>16</p> <p>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</p>	<p>17</p> <p>8a-8:45a:M/M/M Fusion-AC 10:30a-11:30a: SS Classic- AC 6p-7p: Zumba Tone- CaS</p>	<p>18</p> <p>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</p>	<p>19</p> <p>8a-8:45a:M/M/M Fusion-AC 9a-9:45a: Total Strength- EM 10:30a-11:30a: SS Classic- AC</p>
<p>22</p> <p>9a-9:45a Dance & Sculpt-EM 10a-10:45a Chair Yoga- AC 6p-7p: Zumba- CaS</p>	<p>23</p> <p>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</p>	<p>24</p> <p>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</p>	<p>25</p> <p>9a-9:45a: HIIT- EM 10:15a-11:15a: Chair Yoga- JB 11:15a-12:15p: SS Circuit- AC 5p-6p: REFIT- SD 6p-7p: Yoga- AC</p>	<p>26</p> <p>8a-8:45a:M/M/M Fusion-AC 9a-9:45a: Total Strength- EM 10:30a-11:30a: SS Classic- AC</p>
<p>29</p> <p>9a-9:45a Dance & Sculpt-EM 10a-10:45a Chair Yoga- AC 6p-7p: Zumba- CaS</p>	<p>30</p> <p>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</p>	<p>Announcements No Bootcamp for the month of April. New Dance & Sculpt Class on Mondays @ 9a. Virtual Classes available upon request.</p>	<p>YMCA Hours M-Th: 5a-9p F: 5a-7p Sa: 8a-4p Su: 1p-5p</p>	<p>Child Watch Hours -Mornings M-Sa: 8:45-11:00a Su: Closed -Evenings M-Th: 5:30-8:00p F-Su: Closed</p>

**Low
Intensity**

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.

Dance & Sculpt- A more traditional aerobic class designed to meet you at your level. A half and half class of cardio dance paired with strength training.

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)

**Mid-High
Intensity**

INSTRUCTORS:

FH - Felicia Hall

JB - Jennifer Brown

JK - Jessica Kemp

JS - Jillian Sheppard

MS - Michelle Sides

Cas - Cathie Satonick

TM - Theresa Miller

KS - Kendra Sanders

SD - Steve Sellers

AC - Alma Cruz

EM - Emily Mailliard

EB - Earlene Bost



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