



MARCH 2024

KANNAPOLIS GROUP EXERCISE SCHEDULE

Mon	Tue	Wed	Thu	Fri
<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>			<p>1 8a–8:45a: M/M/M Fusion–AC 9a–9:45a: Total Strength– EM 10:30a–11:30a: SS Classic– AC</p>
<p>4 10a–10:45a Chair Yoga– AC 6p–7p: Zumba– CaS</p>	<p>5 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</p>	<p>6 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>7 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>8 8a–8:45a: M/M/M Fusion–AC 9a–9:45a: Total Strength– JS 10:30a–11:30a: SS Classic– AC</p>
<p>11 10a–10:45a Chair Yoga– AC 6p–7p: Zumba– CaS</p>	<p>12 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– MS</p>	<p>13 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>14 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>15 8a–8:45a: M/M/M Fusion–AC 9a–9:45a: Total Strength– EM 10:30a–11:30a: SS Classic– AC</p>
<p>18 10a–10:45a Chair Yoga– AC 6p–7p: Zumba– CaS</p>	<p>19 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–EM</p>	<p>20 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>21 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>22 8a–8:45a: M/M/M Fusion–AC 9a–9:45a: Total Strength– EM 10:30a–11:30a: SS Classic– AC</p>
<p>25 10a–10:45a Chair Yoga– AC 6p–7p: Zumba– CaS</p>	<p>26 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–EM</p>	<p>27 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>28 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>29 <u>CLOSED</u> GOOD FRIDAY</p>

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

EM– Emily Mailliard