



APRIL 2024

KANNAPOLIS GROUP EXERCISE SCHEDULE

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

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)

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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