



MAY 2024

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–AC	3 8a–8:45a: M/M/M Fusion–AC 9a–9:45a: Total Strength– EM 10:30a–11:30a: SS Classic– AC
6 9a–9:45a Dance & Sculpt–EM 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	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–9:45a: Total Strength– EM 10:30a–11:30a: SS Classic– AC
13 9a–9:45a Dance & Sculpt–EM 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	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–9:45a: Total Strength– EM 10:30a–11:30a: SS Classic– AC
20 9a–9:45a Dance & Sculpt–EM 10a–10:45a Chair Yoga– AC 6p–7p: Zumba– CaS	21 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	22 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	23 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	24 8a–8:45a: M/M/M Fusion–AC 9a–9:45a: Total Strength– EM 10:30a–11:30a: SS Classic– AC
27 9a–9:45a Dance & Sculpt–AC 10a–10:45a Chair Yoga– AC CLOSED AT NOON FOR MEMORIAL DAY	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–CaS	29 8a–8:45a: M/M/M Fusion–AC 9a–10a: Total Strength– EM 10:30a–11:30a: SS Classic– AC 6p–7p: Zumba Tone– CaS	30 9a–9:45a: HIIT– EM 10:15a–11:15a: Chair Yoga–JB 11:15a–12:15p: SS Circuit– AC 5p–6p: REFIT– CaS 6p–7p: Yoga–AC	31 8a–8:45a: M/M/M Fusion–AC 10:30a–11:30a: SS Classic– AC

**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.

**Mid-High
Intensity**

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:

JB - Jennifer Brown

JK- Jessica Kemp

JS - Jillian Sheppard

Cas - Cathie Satonick

EB- Earlene Bost

TM - Theresa Miller

KS - Kendra Sanders

SD- Steve Sellers

AC- Alma Cruz

EM- Emily Mailliard



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