



NOVEMBER 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			1 10:30a-11:30a: SS Classic- AC
4 9a-9:45a: Total Strength-AH 10a-10:45a Chair Yoga- AC 6p-7p: Zumba- CaS	5 8a-9a:M/M/M Fusion-AC 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	6 9a-10a: Total Strength- JK 10:30a-11:30a: SS Classic- AC 6p-7p: Zumba Tone- CaS	7 9a-10a: M/M/M Fusion-AC 10:15a-11:15a: Chair Yoga-JB 11:15a-12:15p: SS Circuit- AC 5p-6p: REFIT- SD 6p-7p: Yoga-MC	8 10:30a-11:30a: SS Classic- AC
11 9a-9:45a: Total Strength-AH 10a-10:45a Chair Yoga- AC 6p-7p: Zumba- CaS	12 8a-9a:M/M/M Fusion-AC 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	13 9a-10a: Total Strength- JK 10:30a-11:30a: SS Classic- AC 6p-7p: Zumba Tone- CaS	14 9a-10a: M/M/M Fusion-AC 10:15a-11:15a: Chair Yoga-JB 11:15a-12:15p: SS Circuit- AC 5p-6p: REFIT- SD 6p-7p: Yoga-MC	15 10:30a-11:30a: SS Classic- AC
18 9a-9:45a: Total Strength-AH 10a-10:45a Chair Yoga- AC 6p-7p: Zumba- CaS	19 8a-9a:M/M/M Fusion-AC 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	20 9a-10a: Total Strength- JK 10:30a-11:30a: SS Classic- AC 6p-7p: Zumba Tone- CaS	21 9a-10a: M/M/M Fusion-AC 10:15a-11:15a: Chair Yoga-JB 11:15a-12:15p: SS Circuit- AC 5p-6p: REFIT- SD 6p-7p: Yoga-MC	22 10:30a-11:30a: SS Classic- AC
25 9a-9:45a: Total Strength-AH 10a-10:45a Chair Yoga- AC 6p-7p: Zumba- CaS	26 8a-9a:M/M/M Fusion-AC 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	27 9a-10a: Total Strength- JK 10:30a-11:30a: SS Classic- AC BRANCH CLOSÉS @ 6PM	28 NO CLASSES FOR THANKSGIVING	29 NO CLASSES FOR THANKSGIVING

**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.

**Mid-High
Intensity**

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)

Bootcamp- This class will take you through sports specific exercises that will help increase endurance, speed, agility, strength and balance.

INSTRUCTORS:

JB - Jennifer Brown

JK- Jessica Kemp

AH-April Halterman

JS - Jillian Sheppard

Cas - Cathie Satonick

EB- Earlene Bost

TM - Theresa Miller

SD- Steve Sellers

AC- Alma Cruz

MC-Michael Cline

