

WATER EXERCISE SCHEDULE

DECEMBER

WEST CABARRUS YMCA



MONDAY

Time	Class	Instructor	Location	Level
AM Classes				
6:00-6:45am	Fit & Fun For All	Chrissie	Lap	All
7:00-7:50am	Cardio Deep	DeeDee	Lap	3
8:30-9:20am	Aqua Cardio	Marla	Family	2/3
9:30-10:20am	Aqua Determination	Marla	Family	2
10:30-11:20am	Water Walking	DeeDee	Family	1

TUESDAY

Time	Class	Instructor	Location	Level
AM Class				
7:00-7:50am	Full Body H2O	Marla	Lap	All

WEDNESDAY

Time	Class	Instructor	Location	Level
AM Classes				
6:00-6:45 am	Fit & Fun for All	Chrissie	Lap	All
7:00-7:50am	Hydro Fit	DeeDee	Lap	2/3
8:30-9:20am	Aqua Determination	Lydia	Family	2/3
9:30-10:20am	Aqua Determination	Lydia	Family	2
10:30-11:20am	Water Walking	DeeDee	Family	1

THURSDAY

Time	Class	Instructor	Location	Level
AM Class				
7:00-7:50am	Full Body H2O	Marla	Lap	All

CONTACT

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THURSDAY

Time	Class	Instructor	Location	Level
AM Class				
7:00-7:50am	Full Body H2O	Marla	Lap	All

FRIDAY

Time	Class	Instructor	Location	Level
AM Classes				
6:00-6:45am	Fit & Fun for All	Chrissie	Lap	All
7:00-7:50am	Hydro Fit	Stephanie	Lap	3
8:30-9:20am	Aqua Determination	Marla	Family	2/3
9:30-10:20am	Aqua Determination	Marla	Family	2
10:30-11:20am	Water Walking	Lydia	Family	1

SATURDAY - NONE FOR DECEMBER

Time	Class	Instructor	Location	Level
PM Class				

DECEMBER ANNOUNCEMENTS

- We regret to inform you that, due to the need for nine area high school swim teams to practice and hold meets at our pool, all afternoon classes will be completely canceled during swim season.
- There will be no Saturday classes in December.
- Please note that the YMCA will be closed for Christmas on December 24th and 25th. Regular hours will resume on December 26th.
- Classes will not be held on December 31st or January 1st, but you are welcome to work out on your own as the YMCA will be open.
- Due to the popularity of our classes, members are allowed to register for only one class per day. If you are signed up for two classes, your second reservation will be canceled.
- We have noticed an increase in cancellations for water classes. If you need to cancel your reservation, please do so at least two hours before the class starts.
- When signing in, please take your time and allow the system to register your request. Hitting the reserve button twice will result in an automatic cancellation.
- It is important to arrive a little early for class to allow time for the instructor to check you in.
- For your safety, members are not permitted to join a class after the first 10 minutes.

CLASS DESCRIPTIONS

ALL LEVELS: FUN FOR EVERYONE

FIT & FUN FOR ALL: An invigorating and fun class with an emphasis on improving your cardiovascular and muscular endurance. This is a medium-impact, moderate intensity exercise program that incorporates a total body workout and includes cardiovascular conditioning, muscle toning, abdominal exercises and stretching. Participant exercises at his or her own individual pace.

POWER PLUNGE: This is a medium-impact, moderate-intensity exercise program that incorporates a total body workout and includes cardiovascular conditioning, muscle toning, abdominal exercises and stretching. The class is fast and fun, while allowing each participant to exercise at his or her own pace.

FULL BODY H2O: This is a medium-impact awesome cardio workout. Class participants will use various equipment to build core strength and stabilization. The class features exercises that move from large muscle groups to cardio actions through the water, focusing on total body conditioning. The class is fast and fun, while allowing each participant to exercise at his or her own pace.

LEVEL 1: BEGINNER

WATER WALKING: This class is for all new water fitness participants, teaching basic water walking moves which serve as a foundation for water fitness. This class is highly recommended for new water exercisers, individuals with special conditions, post rehab and pregnant women. Participant exercises at his or her own pace.

LEVEL 2: INTERMEDIATE

AQUA DETERMINATION: This is a low-to-medium impact, yet awesome, cardio workout. Class participants will use noodles and dumbbells to build core strength and stabilization, and engage in exercises that move from large muscle groups to cardio actions through water, focusing on total body conditioning. The class is fast and fun, while allowing each participant to exercise at his or her own pace.

AQUA CARDIO MONDAY: This is a low-to-medium impact, yet awesome, cardio workout. Class participants build core strength and stabilization, and engage in exercises that move from large muscle groups to cardio actions through water focusing on total body conditioning. The class is fast and fun, while allowing each participant to exercise at his or her own pace.

LEVEL 2/3: INTERMEDIATE TO ADVANCED

HYDRO FIT: This is a medium impact awesome cardio workout. Class participants will use noodles and dumbbells to build core strength and stabilization, and engage in exercises that move from large muscle groups to cardio actions through the water, focusing on total body conditioning. The class is fast and fun, while allowing each participant to exercise at his or her own pace.

LEVEL 3: ADVANCED

CARDIO DEEP: This is a zero impact, high-intensity aerobic conditioning class that is combined with higher intensity resistance exercises that is located in the deep end of the Lap Pool. It employs buoyant equipment, dumbbells and other apparatus to combine cardiovascular training, total body conditioning and core strengthening. This class is not recommended for new exercisers, post rehab or pregnant women.