

# WATER EXERCISE SCHEDULE

## FEBRUARY

### KANNAPOLIS YMCA



#### MONDAY

Time	Class	Instructor	Level
<b>AM Classes</b>			
9:00-10:00am	Fit & Fun For All	Alma	All

#### WEDNESDAY

Time	Class	Instructor	Level
<b>AM Classes</b>			
9:00-10:00am	Fit & Fun For All	Alma	All

#### THURSDAY

Time	Class	Instructor	Level
<b>AM Class</b>			
7:00-7:45am	Power Plunge	Kim	All
10:00-10:45am	Fit and Fun For all	Alma	All

#### FRIDAY

Time	Class	Instructor	Level
<b>AM Classes</b>			
9:00-10:00am	Fit & Fun for All	Alma	All

## 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.

### CONTACT

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## FEBRUARY ANNOUNCEMENTS

- We have started water aerobics at the Kannapolis Y!
- Please register for classes using the YMCA 360 app. Each class offers 19 spaces per class. Registration opens 24 hours before classes begin. If you are not registered and class is full, you will be denied entry for class, unless someone does not show.
- Due to the popularity of our classes, members can only sign up for one class per day. If you are signed up for two classes, the second class reservation will be canceled.

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**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.