


KANNAPOLIS GROUP EXERCISE SCHEDULE- MARCH 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>9a-9:45a: Total Strength-AH 10:30a-11:30a Chair Yoga-AC 6p-7p: Zumba- CaS</p>	<p>4</p> <p>9:15a-10:15a: GF Yoga- JB 10:30a-11:30a: SS Circuit- AC 12p-1p: Line Dancing- TM 6p-7p: Bootcamp- JK</p>	<p>5</p> <p>9a-10a: Total Strength- JK 10:30a-11:30a: SS Classic- AC 6p-7p: Zumba Tone- CaS</p>	<p>6</p> <p>10:15a-11:15a: Chair Yoga-JB 11:15a-12:15p: SS Circuit- AC 5p-6p: REFIT- JP 6p-7p: Bootcamp- JK</p>	<p>7</p> <p>10:30a-11:30a: SS Classic- AC</p>
<p>10</p> <p>10:30a-11:30a Chair Yoga-AC 6p-7p: Zumba- CaS</p>	<p>11</p> <p>9:15a-10:15a: GF Yoga- JB 10:30a-11:30a: SS Circuit- AC 12p-1p: Line Dancing- TM 6p-7p: Bootcamp- JK</p>	<p>12</p> <p>9a-10a: Total Strength- JK 10:30a-11:30a: SS Classic- AC 6p-7p: Zumba Tone- CaS</p>	<p>13</p> <p>10:15a-11:15a: Chair Yoga-JB 11:15a-12:15p: SS Circuit- AC 5p-6p: REFIT- JP 6p-7p: Bootcamp- JK</p>	<p>14</p> <p>10:30a-11:30a: SS Classic- AC</p>
<p>17</p> <p>9a-9:45a: Total Strength-AH 10:30a-11:30a Chair Yoga-AC 6p-7p: Zumba- CaS</p>	<p>18</p> <p>9:15a-10:15a: GF Yoga- JB 10:30a-11:30a: SS Circuit- AC 12p-1p: Line Dancing- TM 6p-7p: Bootcamp- JK</p>	<p>19</p> <p>9a-10a: Total Strength- JK 10:30a-11:30a: SS Classic- AC 6p-7p: Zumba Tone- CaS</p>	<p>20</p> <p>10:15a-11:15a: Chair Yoga-JB 11:15a-12:15p: SS Circuit- AC 5p-6p: REFIT- JP 6p-7p: Bootcamp- JK</p>	<p>21</p> <p>10:30a-11:30a: SS Classic- AC</p>
<p>24</p> <p>9a-9:45a: Total Strength-AH 10:30a-11:30a Chair Yoga-AC 6p-7p: Zumba- CaS</p>	<p>25</p> <p>9:15a-10:15a: GF Yoga- JB 10:30a-11:30a: SS Circuit- AC 12p-1p: Line Dancing- TM 6p-7p: Bootcamp- JK</p>	<p>26</p> <p>9a-10a: Total Strength- JK 10:30a-11:30a: SS Classic- AC 6p-7p: Zumba Tone- CaS</p>	<p>27</p> <p>10:15a-11:15a: Chair Yoga-JB 11:15a-12:15p: SS Circuit- AC 5p-6p: REFIT- JP 6p-7p: Bootcamp- JK</p>	<p>28</p> <p>10:30a-11:30a: SS Classic- AC</p>
<p>31</p> <p>9a-9:45a: Total Strength-AH 10:30a-11:30a Chair Yoga-AC 6p-7p: Zumba- CaS</p>			<p>Child Watch Hours -Mornings M-Sa: 8:45-11:00a Su: Closed -Evenings M-Th: 5:30-8:00p F-Su: Closed</p>	<p>YMCA Hours M-Th: 5a-9p F: 5a-7p Sa: 8a-4p Su: 1p-5p</p>

**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.

HIIT- HIIT consists of short, intense anaerobic exercises with short recovery periods. Exercise can include cardio and strength.

INSTRUCTORS:

JB - Jennifer Brown

JS - Jillian Sheppard

TM - Theresa Miller

AC - Alma Cruz

JK - Jessica Kemp

Cas - Cathie Satonick

JP - Jill Peterson

AW - Aaron Welch

AH - April Halterman

EB - Earlene Bost