

# WATER EXERCISE SCHEDULE

## FEBRUARY

### WEST CABARRUS YMCA



#### MONDAY

Time	Class	Instructor	Location	Level
<b>AM Classes</b>				
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

#### PM Class

7:30-8:20pm	Power Plunge	Rotation	Family	All
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#### TUESDAY

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

#### PM Class

7:30-8:20pm	Power Plunge	Kim	Family	All
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#### WEDNESDAY

Time	Class	Instructor	Location	Level
<b>AM Classes</b>				
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	Terry	Family	2
10:30-11:20am	Water Walking	DeeDee	Family	1

#### CONTACT

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#### THURSDAY

Time	Class	Instructor	Location	Level
<b>AM Class</b>				
7:00-7:50am	Full Body H2O	Marla	Lap	All
<b>PM Class</b>				
7:30-8:20pm	Power Plunge	Kim	Family	All

#### FRIDAY

#### 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/Terry	Family	1

## FEBRUARY ANNOUNCEMENTS

- The Men's and Women's locker rooms are undergoing a complete renovation and will be closed for an extended period of time. Please be considerate of others, and do not spend too long in only three rooms available in the family locker room.
- Everyone will be entering and exiting through the family locker room.
- Please be sure to dry off completely before going out into the main hall to avoid slip hazards.
- Night classes will again be held on Mon, Tues, and Fri.
- The Saturday class will no longer be held.
- 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.
- We are seeing a lot of cancelations for water classes. Please, if you need to cancel your reservations do so no later than 2 hours before class starts.
- Please be very careful when you sign in; give the system time to register your request. If you hit the reserve button twice the system will cancel you.
- It is imperative that you arrive a little early for class so there is time for the instructor to check you in.
- It is for your safety that we must ask members to not 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.