


KANNAPOLIS GROUP EXERCISE SCHEDULE - MAY 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Child Watch Hours -Mornings M-Sa: 8:45-11:00a Su: Closed -Evenings M-Th: 5:30-8:00p F-Su: Closed	YMCA Hours M-Th: 5a-9p F: 5a-7p Sa: 8a-4p Su: 1p-5p		1 <u>STUDIO CLOSED</u> FLOORS BEING REFINISHED	2 <u>STUDIO CLOSED</u> FLOORS BEING REFINISHED
5 9a-9:45a: Total Strength-AH 10:30a-11:30a Chair Yoga-AC 6p-7p: Zumba- CaS	6 9:15a-10:15a: GF Yoga- JB 10:30a-11:30a: SS Circuit- AC 12p-1p: Line Dancing- TM 6p-7p: Bootcamp- JK	7 9a-10a: Total Strength- JK 10:30a-11:30a: SS Classic- AC 12p-1p: Yoga- VC 6p-7p: Zumba Tone- CaS	8 9a-9:30a: HIIT- VC 11:15a-12:15p: SS Circuit- AC 5p-6p: REFIT- JP	9 9a-9:30a: Total Strength - VC 10:30a-11:30a: SS Classic- AC
12 9a-9:45a: Total Strength-AH 10:30a-11:30a Chair Yoga-AC 6p-7p: Zumba- CaS	13 9:15a-10:15a: GF Yoga- JB 10:30a-11:30a: SS Circuit- AC 12p-1p: Line Dancing- TM 6p-7p: Bootcamp- JK	14 9a-10a: Total Strength- JK 10:30a-11:30a: SS Classic- AC 12p-1p: Yoga- VC 6p-7p: Zumba Tone- CaS	15 9a-9:30a: HIIT- VC 10:15a-11:15a: Chair Yoga-JB 11:15a-12:15p: SS Circuit- AC 6p-7p: Bootcamp- JK	16 9a-9:30a: Total Strength - VC 10:30a-11:30a: SS Classic- AC
19 10:30a-11:30a Chair Yoga-AC 6p-7p: Zumba- CaS	20 9:15a-10:15a: GF Yoga- JB 10:30a-11:30a: SS Circuit- VC 12p-1p: Line Dancing- TM	21 10:30a-11:30a: SS Classic- AC 12p-1p: Yoga- VC 6p-7p: Zumba Tone- CaS	22 9a-9:30a: HIIT- VC 10:15a-11:15a: Chair Yoga-JB 11:15a-12:15p: SS Circuit- AC 5p-6p: REFIT- JP 6p-7p: Bootcamp- JS	23 9a-9:30a: Total Strength - VC 10:30a-11:30a: SS Classic- AC
26 10:30a-11:30a Chair Yoga-AC <u>CLOSE AT NOON</u>	27 9:15a-10:15a: GF Yoga- JB 10:30a-11:30a: SS Circuit- AC 12p-1p: Line Dancing- TM 6p-7p: Bootcamp- JK	28 9a-10a: Total Strength- JK 10:30a-11:30a: SS Classic- AC 12p-1p: Yoga- VC 6p-7p: Zumba Tone- CaS	29 9a-9:30a: HIIT- VC 10:15a-11:15a: Chair Yoga-JB 11:15a-12:15p: SS Circuit- AC 5p-6p: REFIT- JP 6p-7p: Bootcamp- JK	30 9a-9:30a: Total Strength - VC 10:30a-11:30a: SS Classic- AC

NEW: Silver Sneakers Classes will now be capped at 30 people max

<p>LOW INTENSITY</p>	<p>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.</p> <p>Modern Line Dancing – Traditional line dancing meets modern music and moves!</p> <p>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.</p> <p>Yoga – Through a variety of breathing, stretching, and stability poses; this class will give you what your body needs physically, emotionally, and mentally.</p> <p>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.</p>
<p>MID-HIGH INTENSITY</p>	<p>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!</p> <p>ZUMBA – Uses a mix of Latin dance moves to get that heart pumping and tone your whole body!</p> <p>REFIT– Uses a mix of strengthening exercises with dance and cardio for a full body workout!</p> <p>Move/Muscle/Mind Fusion– Full body workout using weights and resistance equipment, with bouts of low impact cardio moves.</p> <p>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)</p> <p>Bootcamp– This class will take you through sports specific exercises that will help increase endurance, speed, agility, strength and balance.</p> <p>HIIT- HIIT consists of short, intense anaerobic exercises with short recovery periods. Exercise can include cardio and strength.</p>
<p>INSTRUCTORS:</p> <div> <div>JB – Jennifer Brown</div> <div>JK– Jessica Kemp</div> <div>AH–April Halterman</div> </div> <div> <div>JS – Jillian Sheppard</div> <div>Cas – Cathie Satonick</div> <div>EB– Earlene Bost</div> </div> <div> <div>TM – Theresa Miller</div> <div>JP– Jill Peterson</div> <div>VC– Virtual Class</div> </div> <div> <div>AC– Alma Cruz</div> <div>AW– Aaron Welch</div> </div>	