

# WATER EXERCISE SCHEDULE

## MAY

### 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
<b>PM Classes</b>			
7:00-8:00pm	Aqua Blast	Paula	All

#### THURSDAY

Time	Class	Instructor	Level
<b>AM Class</b>			
6:00-6:45am	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.

**AQUA BLAST:** Aqua blast provides a low impact, high intensity workout using the waters resistance to improve cardio endurance and muscle strength. This fast pace class will get your heart rate pumping and is a totally blast!!

## MAY ANNOUNCEMENTS

- We have added an evening class!! We are so excited to add to schedule.
- 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.
- Please be mindful if you are not attending class, to cancel so someone waitlisted has the opportunity to join.
- 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.

## CONTACT

Candace Frambs  
 Aquatics Director  
[cframbs@rocabymca.org](mailto:cframbs@rocabymca.org)  
 704.939.9622