

# WATER EXERCISE SCHEDULE

## AUGUST

### KANNAPOLIS YMCA



#### MONDAY

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

#### WEDNESDAY

Time	Class	Instructor	Level
AM Classes			
9:00-10:00am	Fit & Fun For All	Alma	All
PM Classes			
7:00-8:00pm	Aqua Blast	Paula	Inter/ Advanc

#### THURSDAY

Time	Class	Instructor	Level
AM Class			
6:00-6:45am	Power Plunge	Kim	All
9:45-10:30am	Fit and Fun For all	Alma	All

#### FRIDAY

AM Classes			
9:00-10:00am	Aqua Determination	Sarah	Inter.

## 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!!

**AQUA DETERMINATION:** This is a low to medium impact, yet awesome, cardio workout. Class participants will use noodles and weights to build core strength and stabilization, and engage in exercises that move through the water, focusing on total body conditioning. This class is fun and fast. While allowing participants to exercise at their own pace.

## AUGUST ANNOUNCEMENTS

- **NO CLASSES AUGUST 4th-AUGUST 15th.** We are closed due to repairs, if pool is able to open before our set date we will communicate ASAP.
- **Please welcome our new instructor Sarah!** She will be starting on Fridays this month.
- **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.**
- **Participants are asked to only register for one class**

### CONTACT

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