

WATER EXERCISE SCHEDULE

DECEMBER

WEST CABARRUS YMCA



MONDAY

Time	Class	Instructor	Location	Level
AM Classes				
6:00-6:45am	Fit & Fun For All	Chrissie	Lap	All
7:00-7:55am	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

TUESDAY

Time	Class	Instructor	Location	Level
AM Class				
7:00-7:55am	Full Body H2O	Marla	Lap	All
8:30-9:20am	Hydro Fit	Marla	Family	3
9:30-10:20am	Aqua Determination	Marla	Family	2/3
PM Class				
7:30-8:20pm	Power Plunge	Kim	Family	All

WEDNESDAY

Time	Class	Instructor	Location	Level
AM Classes				
6:00-6:45 am	Fit & Fun for All	Chrissie	Lap	All
7:00-7:55am	Hydro Fit	DeeDee	Lap	2/3
8:30-9:20am	Aqua Cardio	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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 Water Exercise Coordinator
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THURSDAY

Time	Class	Instructor	Location	Level
AM Class				
7:00-7:55am	Full Body H2O	Marla	Lap	All
8:30-9:20am	Hydro Fit	Lydia	Family	3
9:30-10:20am	Aqua Determination	Lydia	Family	2/3
PM Class				
7:30-8:20pm	Power Plunge	Kim	Family	All

FRIDAY

Time	Class	Instructor	Location	Level
AM Classes				
6:00-6:45am	Fit & Fun for All	Chrissie	Lap	All
7:00-7:55am	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	Terry	Family	1

DECEMBER ANNOUNCEMENTS

- Due to a swim meet on Tuesday, 12/9 water fitness class will not be held that evening.
- The Y will be closed for Christmas, on Wednesday & Thursday 12/24-12/25. Classes will be held Friday 12/26 as regularly scheduled.
- We will not offer classes on Wednesday, 12/31 or Thursday, 1/1. Classes will be held Friday, 1/2 as regularly scheduled. Feel free to come work out on your own during open hours on these days.
- 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 still seeing a lot of cancellations for water classes. Please, if you need to cancel your reservation do so no later than 2 hours before class starts.
- We have also eliminated the wait list for classes. If you don't get in immediately, please be sure to check periodically during the day to see if a spot opens up.
- Please switch over to the "My Schedule" tab at the top while you are in the app or shortly after to verify any reservation.

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: 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.