

WATER EXERCISE SCHEDULE

FEBRUARY

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

DeeDee Ford
 Water Exercise Coordinator
 jford@roocabymca.org
 704.795.9622 x6113

| 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 |

FEBRUARY ANNOUNCEMENTS

- 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.
- 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 your reservation.
- 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: 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.