



# Water and Group Exercise Schedule KANNAPOLIS YMCA

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SATURDAY**

**SUNDAY**

9-9:45 am Total Strength Rose Studio	5-5:45pm Spin Tori Studio	9-10 am Run Class Rose Lobby	6-7 pm Power Yoga Justyna Studio	9-10 am Cardio Strength Nicole Studio	6-7 pm Zumba Cathie Studio	9-10 am Fit and Fun For All Alma Pool 	5:45-6:25pm Kickboxing Mea Studio	9-10 am Aqua-Deter mination Sarah Pool 	9-9:45 am Strength Virtual Studio	
9-10 am Fit and Fun For All Alma Pool 	6-7 pm Zumba Cathie Studio	9:15-10:15 am Gentle Flow Yoga Jennifer Studio		9-10 am Fit and Fun For All Alma Pool 	7-8 pm Aqua Blast Paula Pool 	9-10 am Cardio Kickboxing Tori Studio	6:30-7:15pm Mixed Fit Mea Studio	9-9:45 am Spin Tori Studio		
10:30-11:30am SS Classic Alma Studio		10:30-11:30am SS Circuit Alma Studio		10:30-11:30am SS Classic Alma Studio		10:15-11 am Chair Yoga Jennifer Studio		10-11 am Senior Fit Tori Studio		<b>YMCA HOURS</b> M-Th: 5a-9p F: 5a-7p Sa: 8a-4p Su: 1p-5p
12-12:45 pm Chair Yoga Judy Studio		12-1pm Line Dancing Theresa Studio		12-12:45 pm Beginner's Yoga Judy Studio		11:15am-12:15p SS Circuit Alma Studio		11:15a-12p Mobility Work Randy Studio		<b>PLAYHOUSE HOURS</b> <b>Mornings</b> M-Sa: 8:45-11:00a Su: Closed <b>Evenings</b> M-Th: 5:30-8:00p F-Su: Closed
						1-1:45 pm Pilates Abby/Rose Studio				

- Tuesday night yoga starts on 3/3/26 at 6 Pm
- Water classes will be limited to 20 participants. First come, first serve.
- 2/26 is Abby's last pilates class. Rose will continue to teach.
- Check the app for change to virtual classes or cancellations. Schedules are subject to change based on staff availability and programs.

**DOWNLOAD YMCA360 MOBILE APP**



Download the YMCA360 mobile app to view class schedules, make reservations, and more! You can also visit [rocabymca.org/schedules](http://rocabymca.org/schedules) to view all facility schedules.

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# Class Descriptions

## WATER CLASSES

**FIT & FUN FOR ALL:** a medium-impact, moderate intensity exercise program that incorporates a total body workout and includes cardiovascular conditioning, muscle toning, abdominal exercises and stretching.

**POWER PLUNGE:** a medium-impact, moderate- intensity exercise program that incorporates a total body workout and includes cardio 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:** a low impact, high in- tensity workout using the waters resistance to improve endurance and 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 using noodles and weights to build core strength and stabilization.

## LOW INTENSITY

**CHAIR YOGA-** build flexibility and balance, ease joints and relieve pain using a chair versus a floor mat.

**CARDIO DANCE-**combines aerobic exercise with high-energy dance moves & music to elevate your heart rate, improve cardio health & burn calories.

**DANCE FOR ALL AGES-**a blend of foundational techniques, fun, and creative expression, with age-appropriate modifications for toddlers to seniors.

**GENTLE FLOW YOGA -** A series of poses, using your breath to allow your muscle to stretch and lengthen, as well as tone and strengthen your body, imp

**MODERN LINE DANCING -** Traditional line dancing meets modern music and moves!

**MOBILITY WORK-** Reprogram the brain, train the mind, improve balance, increase mobility, activate reflexes gear towards 50+

**PILATES-** improving physical strength, flexibility, and posture, while also enhancing mental awareness. It emphasizes controlled movements, core strength, and proper body alignment.

**SILVER SNEAKERS CLASSIC-** increases strength, range of movement & activities for daily living. Class will use a chair, resistance bands &light weights.

**YOGA FUSION-**A blend of the Vinyasa style with a bit of Pilates based core work infused into the practice.

## MID-HIGH INTENSITY

**Abs, Booty & Cardio-**A toning and strengthening class using free-weights with cardio intervals.

**BOOT CAMP-** takes you through sports specific exercises that will help increase endurance, speed, agility, strength and balance.

**CARDIO STRENGTH -** combines cardiovascular exercise with strength training to improve both heart health and muscle strength by incorporating a variety of exercises that elevate heart rate and challenge muscles.

**KICKBOXING-**A Great choice to burn off those calories while learning how to kick punch, bob and weave.

**MIXED FIT-** Upper body toning, legs, bootys, abs, cardio, yoga and stretching.

**TOTAL STRENGTH-** Focuses on the total body conditioning using weights, tubes, body bars, stability balls, in order to tone, strengthen, and burn calories!

**POWER YOGA-**building strength and muscular endurance, while also encouraging elongating and stretching of each muscle group for greater flexibility.

**RUN CLASS-** Focus on endurance running and speed work. Meet in the Lobby to go outside.

**SILVER SNEAKERS CIRCUIT and SENIOR FIT-** Easy-to-follow upper-body strength, abdominal conditioning, stretching & relaxation exercises designed to energize your lifestyle. STAND for 40 minutes.

**SPIN-** High-intensity, low-impact workout using stationary bikes for cardiovascular endurance, strength, energizing music and motivational instruction!

**ZUMBA -** Uses a mix of Latin dance moves to get that heart pumping and tone your whole body!