



Water and Group Exercise Schedule **KANNAPOLIS YMCA**

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY SATURDAY

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

- Time change: Mixed Fit 6-7 pm, starting 4/30/26.
- Water classes will be limited to 20 participants. First come, first serve.
- Check the app for change to virtual classes or cancellations. Schedules are subject to change based on staff availability and programs.
- Saturday May 9, 9-9:45 am, Mixed Fit, Bring a Friend for Free

DOWNLOAD YMCA360 MOBILE APP



Download the YMCA360 mobile app to view class schedules, make reservations, and more! You can also visit 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

BOX FIT- a high-intensity, one-hour group session led by a coach, focusing on functional movements like lifting, rowing, and gymnastics.

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!

YOGA- takes the basic poses and puts them into working practice in order to build strength, and improve balance and flexibility.

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