

WATER EXERCISE SCHEDULE

AUGUST

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	Full Body H2O	DeeDee	Lap	2/3
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	Jody/Lydia	Family	All

TUESDAY

Time	Class	Instructor	Location	Level
AM Class				
7:00-7:55am	Full Body H2O	Marla	Lap	3
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	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@rocabymca.org
704.795.9622 x6113

THURSDAY

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

FRIDAY

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

AUGUST 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, your 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 not to join a class after the first 10 minutes.