WATER EXERCISE SCHEDULE NOVEMBER

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

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

CONTACT

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Water Exercise Coordinator
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NOVEMBER ANNOUNCEMENTS

- The YMCA is closed Thanksgiving Day and we will not hold classes on Friday, 11/27.
- It is imperative that you arrive a little early for class so there is time for the instructor to check you in.
- Please do not enter the water until the class before yours gets out. This will alleviate congestion at the stairwell.
- 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 into a class, 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 for your safety that we must ask members not to join a class after the first 10 minutes.
- We will add back the Cardio Deep Water Class only on the first Monday of the month at 7am.

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 usenoodles 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.