

## MONDAY

6:15am Spin  
7:05am Abs  
10:00am Water Aerobics  
12:00pm Spin  
12:15pm Yoga  
12:15pm Total Definition  
12:45 15 Minute Abs  
5:30pm Spin  
5:30pm 15 min abs  
5:30pm Cardio Fusion  
6:20 Pilates  
6:20 15 minute abs  
6:30 Spin  
6:30 Tai Chi

## WEDNESDAY

10:00 Water Aerobics  
12:00 Spin  
12:15 Total Definition  
12:15pm Yoga 1  
12:45 15 minute abs  
5:30pm Spin  
5:30 15 minute abs  
5:45 Bootcamp Blitz  
6:20 Pilates  
6:20 15 minute abs  
6:30 Yoga

## FRIDAY

10:30 Stretch!  
12:00 Spin  
12:15 Total Definition  
12:15 Yoga  
12:45 15 minute abs  
5:30pm Week's End Yoga

## TUESDAY

11:15am Pilates  
12:00pm Spin  
12:00 Dance Flow  
12:15pm Yoga 2  
1:00Tone It Down  
5:30pm Spin  
5:30pm Water Aerobics  
5:45 Interval Blitz  
6:20pm Total Definition  
6:30pm Yoga  
7:15 Latin Dance

## THURSDAY

6:15 Spin  
7:05 AM Abs  
12:00 Spin  
12:00 Dance Flow  
12:15 Yoga 2  
1:00 Tone It Down  
5:30pm Zumba  
5:30 Spin  
5:30pm Water Aerobics  
6:20 Total Definition  
6:30 Yoga

## SATURDAY

9:00am Spin  
9:30am Bootcamp  
10:30am Extended Yoga

### **Changes to the Schedule:**

Gatorbait is on summer break. Look for it to return in the fall.

## CLASS DESCRIPTIONS

**15 minute abs/AM Abs:** Nothing soft about it. 10-15 minutes of hard core abs. Let's see how long you can last. Afternoon classes located in the aerobics gym, 5:30pm and AM classes in the Wellness room ab area 6:20 pm located in Downstairs Wellness Lobby. (15 minutes or less)

**Boot Camp:** Fastest way to all around fitness. Fast paced combo of cardio and resistance training. Be prepared to bring it! **Bootcamp Blitz:** 30 minute attack for those of you on a tight schedule. Boot Camp condensed. Make it a COMBO: take abs before or after. (30 minutes)

**Cardio-Fusion:** Cardio Interval class INTENSIFIED! Many different modalities of cardio training all in one great fat-burning class. This class may include steps, stability balls, med balls, tubing, and/or hand weights. (45 min.).

**Dance Flow:** Danyl scripts a dance class based on traditional Latin, African, and Contemporary American styles. If you think dance isn't cardio then you haven't met Danyl yet. Be ready to be blown away. (45 minutes)

**H2O:** Water aerobics. I could go on about this one forever (but I'm running out of room on this page!). Huge therapeutic benefits. Good for all abilities. Low impact but still high intensity. (45 minutes-1hr)

**Interval Blitz:** Latest and greatest in the calorie burning craze. Want to maximize your before and after calorie burn, the answer is intervals. Join us in this class to get it done, and get it done quickly. (30 min.)

**Latin Dance:** Who knew exercise could be so fun?! No partner needed. Learn salsa, meringue, and bachata. This is not Zumba. It is actual dance lessons. Free to members. (45 minutes)

**Pilates:** A balanced body workout. Builds strength with a focus on core stability. All fitness levels are welcome for the challenge. (45 minutes)

**Spin\*:** Best calorie burner in the building! Good for all abilities. Participants range from the professional athletes to the senior with the hip replacement (we've had them all). You decide how hard you will work. (45minutes, 1hr on Saturdays)

**Stretch!:** 45 minutes of low key muscle lengthening. Located in the Yoga room. (45 minutes)

**Tai Chi:** A meditative form of gentle martial arts, Kathryn's Tai Chi class pulls from Chi Kung exercises and T'ai Chi Ch'uan combinations.

**Tone it Down:** A weight lifting class for the novice lifter. Never lifted before? Put a stop to the intimidation and join Carrie for 45 minutes of proper technique. Come prepared to move some weights around. (45 minutes)

**Total Def.:** This class is designed to strengthen and tone all muscle groups in a totally intense way. Bands, hand weights, bars, steps, etc. will be used. (30minutes during lunchtime, 45 minutes in evening)

**Yoga 1 & 2:** A strength form of yoga that will make you sweat! Yoga 1 is for the beginner/intermediate, and Yoga 2 is for the intermediate/advanced. (1hr.) Extended Yoga is 1.5hours (on Saturdays). Weeks End Yoga is perfect for the purist: focused on breathing and form (great for the beginner).

**Zumba:** A high energy Latin dance class that anyone at any level will enjoy. Just take it and see!!!! (45 minutes)

**\*Class space is limited for Spin. Please call ahead and reserve your spot 1-hour before the start of the class.**

**The schedule is subject to change**

Lindsay Young Downtown YMCA of East Tennessee

865-522-9622 [www.vmcaknoxville.org](http://www.vmcaknoxville.org)

**If you have any questions about the schedule you can email the Wellness Director, Erin Merten at [emerten@ymcaknoxville.org](mailto:emerten@ymcaknoxville.org)**