



## YMCA of East Tennessee Lindsay Young DT YMCA Group Exercise Schedule November 2022



### Monday

6:00am – SPIN – Jorge (SR)  
12:00pm – SPIN – Frannie (SR)  
12:15pm – ULTIMATE FIT – Lori (A)  
12:15pm – YOGA – Hanna (YS)  
5:30pm – STEP – Darryl, 11/14 Chris, **5:45pm 11/28 Erin (GX)**  
6:00pm – ULTIMATE FIT – Michael (A)  
6:30pm – YOGA – Sheema (YS)  
6:50pm – 15 MINUTE CORE MAX – Michael (GX)

### Tuesday

5:45am – STRENGTH TRAIN TOGETHER – Muna, 11/22 Heather (GX)  
10:00am – WATER AEROBICS – Richard (P)  
11:45am – ULTIMATE FIT – Julie (A)  
5:30pm – SPIN – Gina, 11/29 Paige (SR)  
5:30PM – STRENGTH TRAIN TOGETHER Mark (GX)  
6:30PM – YOGA – Michael (YS)

### Wednesday – No evening classes Nov 23<sup>th</sup>

6:00am – SPIN – Muna, 11/23 Paige (SR)  
12:00pm – SPIN – Frannie (SR)  
12:15pm – KICKBOXING – Julie (GX)  
12:15pm – YOGA – Ann (YS)  
5:30pm – SPIN – Fawn (SR)  
5:30pm – YOGA – Jamie (YS)  
5:45pm – ULTIMATE FIT – Abbi (A)

### Thursday – Closed Nov 24<sup>th</sup> – Happy Thanksgiving

5:45am – STRENGTH TRAIN TOGETHER – Muna, 11/17 Julie (GX)  
11:45am – ULTIMATE FIT – Julie (A)  
5:30pm – STRENGTH TRAIN TOGETHER – Mark (GX)  
6:35pm – YOGA – Becky (YS)

### Friday – No classes or child watch Nov 25<sup>th</sup>

12:00pm – SPIN – Paige (SR)  
12:00pm – ULTIMATE FIT – Sarah (A/GX)  
12:15pm – YOGA – Ann 11/4 & 18, Hanna 11/11 (YS)

### Saturday

9:00am – SPIN – Jorge (SR)  
9:15am – YOGA – Becky S (YS) (90 Minutes)  
11:00am – STRENGTH TRAIN TOGETHER – Mark (GX)

**\*New Class, New/ Special Time or New Instructor**

Key: Attic (A), Group Ex (GX), Lobby (L), Pool (P), Spin Room (SR), Yoga Studio (YS)

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