



YMCA of East Tennessee
North Side YMCA
Group Exercise Schedule
November 2022



Monday | **Tuesday**

8:30a- CORE MAX- Gym- Lori
 9:00a – DEFEND TOGETHER– Gym - Lori
 9a – ULTIMATE FIT – The Garage -Teresa
 10a– WATER AEROBICS– Pool – Lori
 10:15a –FIT 4 LIFE – Gym – Jessica
 6p – ULTIMATE FIT-The Garage – Paul
5p – TOTAL BODY – Gym – Julie S.
 6:30p - SPIN – Spin Studio – Ken

8:15a- YOGA- Upstairs Studio – Melissa
 8:30am- PEDALING FOR PARKINSON’S- Spin Studio-
 Jessica
 9:00a – MUSCLE MANIA –Gym- Rhonda
 10a- WATER AEROBICS – Pool – Jane
 10:15a – FIT 4 LIFE - Gym- Jessica
 11:00a – AQUA ARTHRITIS – Pool – Jane
 6p- HIIT- Gym- Angela
 6p–ULTIMATE FIT–The Garage- Gary
 6:30p – YOGA –Upstairs Studio– AnneMarie

Wednesday | **Thursday**

8:30a – SPIN – Spin Studio – Rachel
 9a – ZUMBA® – Gym- Katina
 9a- ULTIMATE FIT- The Garage- Teresa
 10a- WATER AEROBICS – Pool – Lori
10a- TAEKWONDO – Upstairs Studio- Julie R.
 4p- ULTIMATE TEEN FIT- The Garage- Carolyn (ages
 13-18)
 6p – ULTIMATE FIT –The Garage– Carolyn

8:30a- CORE MAX- Gym- Lori
 9a – DEFEND TOGETHER– Gym - Lori
11:15a- PEDALING FOR PARKINSON’S-Spin Stu-Jess
 10a- WATER AEROBICS – Pool – Rebecca
 10a – YOGA- Upstairs Studio- AnneMarie
 10:15a – FIT 4 LIFE – Gym – Lori
 6p–ULTIMATE FIT-The Garage- **Julie S.**
 6p- KICKBOXING- Gym- **Angela**

Friday | **Saturday**

9a – MUSCLE MANIA –Gym–Rhonda
 10a – WATER AEROBICS – Pool – Jane
 10a- ZUMBA- Upstairs Studio- Katina
 10:15a – FIT 4 LIFE - Gym – Jessica
 11:00a – AQUA ARTHRITIS – Pool - Jane

9a –ZUMBA® –Gym – Katie
 9a- ULTIMATE FIT- The Garage- Julie S.
 10:15a – WATER AEROBICS –Pool- Jessica

***BOLD CLASSES MEANS NEW CLASS, NEW TIME OR
 NEW LOCATION**
*****LAST DAY OPEN- WEDNESDAY, NOVEMBER 23rd**
CLOSING THURSDAY, NOVEMBER 24th

Core Max	Core Max is a 30min class that will strengthen and focus on your core. (30 min)
Fit 4 Life	A cardio, strength training workout fit for any exercise level. Developed to make your body, mind, soul, and spirit strong and healthy. It's fun and Senior friendly. (45 min)
Muscle Mania	A strength training workout that incorporates the use of body weight, hand weights and barbells. (1 hr)
Kickboxing	Designed to maintain an increased heartrate while fine tuning your martial arts-style kicks and punches. Drills and short combinations included. (1 hr)
Spin	This is a group exercise class using our stationary spin cycles. This class is geared towards an intermediate rider who wants a great cardio and leg workout. (45 min)
Defend Together	A gripping hour that burns a ton of calories and builds total body strength. Tap into the hottest mixed martial arts movements done at a rapid-fire pace to smash your cardio fitness. From the boxing ring to the fighting cage, Defend Together combines cutting-edge moves with thrilling music. This electric experience is addictive! FIGHT FOR IT with Defend Together! (1 hr)
HIIT	Full body workout improving cardiovascular health, muscular strength, and endurance through weight training and body weight exercises (1 hr)
Water Aerobics	Water class for all ages. Includes strength and cardio training using water resistance and water dumbbells. (45 min-1 hr)
ULTIMATE FIT	High intensity functional and non-conventional training class. Uses unique exercises and techniques to take your endurance and strength to the next level. This class will also give participants a basic knowledge of weight lifting, powerlifting, and Olympic lifting (1hr)
Pilates	A series of non-impact exercises to develop strength, flexibility, and balance. This class will be emphasizing all muscle groups that contribute to core stability. (45min)
Yoga	Slow, controlled movements and deep stretches of Yoga poses are used to release tension, develop flexibility, and build strength. (1 hr)
ZUMBA®	Get a cardio workout while dancing to the rhythms and movements of Latin music. (45 min)
STRONG®	Not a dance class. This is a high intensity interval training workout developed to use your own bodyweight to help tone and build muscle and strength. This is a full 1 hour class. Bring a towel and water, and join the fun! (1 hr)
Chair Yoga	Moving the body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of motion Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity. (45 min)
YOUTH FITNESS	Fun training style and games based class for kids ages 6-12. This class will develop skills to increase strength, agility, balance and cardio all through fun activities and games for the kids. Class starts with a dynamic warm up to help prepare the body for exercise. (30-45min)
INSTRUCTOR'S CHOICE	Our instructor will choose a different class format each week. It could be Kickboxing, Step, Bootcamp, HIIT, etc. (45min-1hr)
ZUMBA® STEP	Zumba® Step combines Latin and International music with a fun and effective workout system. We combine the awesome toning and strengthening power of Step aerobics, with the fun fitness-party that only Zumba® brings to the dance-floor. Zumba® Step increases cardio and calorie burning, while adding moves that define and sculpt your core and legs. (45min)
HIGH Fitness	Aerobic interval training with intense cardio peaks and toning tracks set to music you know and love! Finally a fitness class that is easy to follow and a total blast. Come have some BODY SCULPTING FUN! (45min)
Dance It	This class includes easy-to-follow moves set to music that makes you want to get up and dance, all while burning calories. (45min)
Total Body	Designed to strengthen and tone all muscle groups. Bands, hand weights, steps, etc. will be used. Great for beginners and advanced participants. (1 hr)