




YMCA of East Tennessee
Cansler Family YMCA
Group Exercise Schedule
 November, 2022 



Monday **Tuesday**

9:00am – TABATA – US – Chris
 10:05am – WATER AEROBICS – P
 11:15am – SENIOR CLASSIC – US -Nancy
12:30pm – HOMESCHOOL PE – BG/P- Monk
5:15pm – DANCE FITNESS – US –ANNA *NEW CLASS*
 5:30pm – SPIN – SR – Stephani
6:00pm – YOUTH FITNESS – BG Kassie
 6:00pm – TOTAL BODY – US – Lauren
 6:00pm – WATER AEROBICS – P

9:00am – PILATES – US – Ann
 9:00am– HYDRORIDER – P – Cat
 10:00am – YOGA – YS – Angela
 10:05am – WATER AEROBICS – P-Lori
 10:15am – SPIN – SR – Ann
 11:20am – CHAIR YOGA – YS – Angela
 5:00pm – HIIT – BG – Julie
 6:00pm – YOGA – YS – Becky
 6:00pm – ZUMBA – US – Jackie

Wednesday **Thursday**

6:30am – SPIN – SR – Monk
 9:00am– HYDRORIDER – P – Cat
 9:00am – TOTAL BODY – US – Chris
 10:05am – WATER AEROBICS – P
 10:00am – PICKLEBALL – BG
 11:15am – SENIOR CLASSIC – US -Nancy
 5:30pm – YOGA – YS – Hanna
5:45pm– AQUA FIT FOR KIDS – P - Tiffany
 6:00pm – ULTIMATE FIT – BG – Lauren
 6:30pm – PILATES – US – Morgan
Wednesday, November 23rd YMCA Closed at 6pm. No Classes after 12pm

9:00am – PILATES – US – Ann
 9:00am– HYDRORIDER – P –Jess
 10:00am – YOGA – YS – Angela
 10:05am – WATER AEROBICS – P – Jess
 10:15am – SPIN – SR – Ann
 11:20am – CHAIR YOGA – YS – Angela
12:30pm – HOMESCHOOL PE – BG/P- Monk
 5:30pm – SPIN – SR – Leila/Stephani
 6:00pm – ZUMBA – US – Jackie
Thursday, November 24th YMCA CLOSED Thanksgiving Day

Friday **YOUTH CLASSES**

9:00am – STEP & TONE – US – Chris
 10:05am – WATER WALKING – P
 10:00am – PICKLEBALL – BG
 11:15am – SENIOR CLASSIC – US – Nancy
 7:00pm– HYDRORIDER – P –Stephani
Friday, November 25th YMCA Open at 8am- 9pm, NO CHILDWATCH, NO CLASSES

5:45pm– AQUA FIT FOR KIDS – P- Wednesdays
9:45pm-Creative Movement, Youth Dance 2-5years old
4:15pm-Creative Movement, Youth Dance 5-8years old
5:15pm- Creative Movement, Youth Dance 8-12years old
12:30pm – HOMESCHOOL PE –BG/P Monday/Thursday
6:00pm – YOUTH FITNESS – BG – Mondays
6:00pm - TTJC martial arts - Thursdays *(register at defenseking.com)

Saturday ***Creative Movement, Youth Dance- Register online or at the front desk***

9:00am – HIIT – US – Lauren/ Leila
 10:00am – YOGA – BG – Angela

Key: US = Upstairs Studio BG = Basketball Gym L = Lobby P = Pool YS = Yoga Studio

Cardio Fusion	This class blends many different cardio exercises into one great work out! All ages and exercise levels are welcome to this class. (45min.)
Chair Yoga	Covers the very basic yoga poses while increasing your balance, flexibility and overall strength from a chair instead of the floor. Great for beginners, active older adults, and those with decreased flexibility. (45min.)
Pilates	Stretch and tone muscles and enhance posture, muscle balance, muscle tone, flexibility, and mind-body control. (45 min.)
Senior Circuit	Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper-body strength work with hand-held weights, elastic tubing with handles, and a ball is alternated with low-impact aerobic choreography. A chair is used for standing support, stretching and relaxation exercises. (45 min.)
Senior Classic	Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and balls are offered for resistance. A chair is available if needed for seated or standing support. (45 min)
Senior Yoga	In Senior Yoga chair support is offered to safely perform a variety of seated and standing yoga poses designed to increase flexibility, balance and range of motion. (45min)
Social Run	Easy paced run guided by an experienced runner. The route will be approximately 3 miles through our community in downtown/East Knoxville. All skill/experience levels welcome, be prepared for 3 miles at a comfortable jogging pace.
Social Ride	A Group Ride is an easy paced group cycling road ride around Knoxville. Each week we will ride around 15 through the streets of Knoxville at an easy to moderate pace. All skill/experience levels welcome, be prepared to ride 15 miles .
30min HIIT Spin	This is a group exercise class using our stationary spin cycles. This class is geared toward all riders who like a great High Intensity Cardio and leg workout. (30min)
Spin	This is a group exercise class using our stationary spin cycles. This class is geared toward all reider who like a great cardio and leg workout. (45 min)
Tabata	High-intensity interval training that consists of eight sets of fast-paced exercises each performed for 20 seconds interspersed with a brief rest of 10 seconds. (45 min)
Ultimate Fit	Ultimate fit is a total body class that incorporates tabata cardio, plyometrics and strength training via circuits/stations to help build endurance and strength. (45 min)
Youth Fitness	Fun training style and games based class for kids ages 5-12. This class will help develop skills to increase strength, agility, balance, and cardio all through fun activities and games for the kids. Class starts out with a dynamic warm up to help prepare the body for exercise.
Yoga	Slow, controlled movements and deep stretches of Yoga poses are used to release tension, develop flexibility, and build strength. (45min)
Zumba	A fuse of Latin rhythms and easy-to-follow moves to create a dynamic workout. (45 mins)