



## YMCA of East Tennessee Lindsay Young DT YMCA Group Exercise Schedule January 2023



### Monday

6:00am – SPIN – Jorge (SR)  
12:00pm – SPIN – Frannie (SR)  
**\*12:00pm – ULTIMATE FIT – Julie (A)**  
12:15pm – YOGA – Hanna (YS)  
5:30pm – STEP – Darryl, Nikki 1/16 (GX)  
6:00pm – ULTIMATE FIT – Michael (A)  
6:30pm – YOGA – Sheema, ½ Hanna (YS)  
6:50pm – 15 MINUTE CORE MAX – Michael (GX)

### Tuesday

5:45am – STRENGTH TRAIN TOGETHER – Muna (GX)  
10:00am – WATER AEROBICS – Richard (P)  
12:00pm – ULTIMATE FIT – Julie (A)  
5:30pm – SPIN – Paige (SR)  
5:30PM – STRENGTH TRAIN TOGETHER Mark (GX)  
6:30PM – YOGA – Macy, Michael 1/17 (YS)

### Wednesday

6:00am – SPIN – Muna, Paige 1/25 (SR)  
12:00pm – SPIN – Frannie (SR)  
12:15pm – KICKBOXING – Julie (GX)  
12:15pm – YOGA – Ann (YS)  
**\*5:30PM – DANCE FITNESS – Anna (GX)**  
5:30pm – SPIN – Fawn (SR)  
5:30pm – YOGA – Jamie (YS)  
5:45pm – ULTIMATE FIT – Abbi (A)

### Thursday

5:45am – STRENGTH TRAIN TOGETHER – Muna (GX)  
**\*12:00pm – ULTIMATE FIT – Lori (A)**  
5:30pm – STRENGTH TRAIN TOGETHER – Mark, (GX)  
6:35pm – YOGA – Becky (YS)

### Friday

**\*6:30am – ULTIMATE FIT – Paige (A)**  
12:00pm – SPIN – Paige (SR)  
12:00pm – ULTIMATE FIT – Sarah (A)  
12:15pm – YOGA – Ann 1/13, 1/20 Hanna 1/6, 1/27 (YS)

### Saturday

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

### **\*New Class, New Time or New Instructor**

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

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