



YMCA of East Tennessee
Tennova Family YMCA
**Group Exercise
Schedule**
January 2023



Monday

5:30a – Spin- Danielle – C
8:30a – Total Body – Keli – A
9:00a – Ultimate Fit – Teresa – MPR
9:00a – Aqua Aerobics – Janet
9:30a – Defend Together – Lori – A
10:00a – Aqua Arthritis – Janet
10:15a – Fit 4 Life – Jessica – Gym
10:30a – Barre – Lindsey A
11:00a – Aqua Aerobics – Lori
4:15p – Ultimate Teen Fit – Julie S. – MPR
5:30p – Spin – Janet – C
6:00p – Ultimate Fit – Paul – MPR
6:00p – Strength Train Together – Erin – A
6:30p – Yoga – Emily – B
7:00p – Core – Erin – A

Wednesday

5:30a – Spin – Emily – C
8:30a – Cardio Blast – Leslie – A
9:00a – Ultimate Fit – Teresa – MPR
9:00a – Aqua Aerobics – Rebecca
9:30a – Bosu Strength – Mary Nelle – A
9:15a – Spin – Janet – C
10:00a – Aqua Arthritis – Leslie
10:15a – Fit 4 Life – Janet – Gym
10:30a – TAEKWONDO – Julie R. – A
12:00p – Aqua Aerobics – Jessica
4:15p – Ultimate Teen Fit – Carolyn – MPR
5:15p – Teen Rock Climbing – Carolyn
5:30p – ZUMBA® – Katina – A
6:00p – Ultimate Fit – Carolyn – MPR
6:30p – Aqua Aerobics – Christie

Friday

5:30a – Spin – Danielle/Emily – C
8:30a – Yoga – Mary Nelle – B
8:30a – Muscle Mania – Rhonda – A
9:00a – Aqua Aerobics – Janet/Jane
9:15a – Spin – Jessica – C
9:30a – Barre – Mary Nelle – A
10:00a – Aqua Arthritis – Janet/Jane
10:15a – Fit 4 Life – Jessica – Gym
12:00a – Aqua Aerobics – Janet/Jane
4:15p – Teen Rock Climbing – Camden

Tuesday

5:15a – Total Body – Julie S. – A
8:30a – Yoga – Melissa – B
8:30a – Strength Train Together – Mark – A
8:30a – Pedaling for Parkinson's – Jessica – C
9:30a – Pilates – Mary Nelle – B
10:00a – Aqua Aerobics – Jane
10:15a – Fit 4 Life – Lois – Gym
10:30a – Core – Mary Nelle – A
11:00a – Aqua Arthritis – Jane
4:15p – Ultimate Teen Fit – Julie S. – MPR
5:30p – Yoga – AnneMarie – B
6:00p – HIIT – Angela – A
6:00p – Ultimate Fit – Gary – MPR
6:30p – Spin – Ken – C
7:00p – Step – Erin – A

Thursday

5:15a – Total Body – Julie S. – A
8:30a – Defend Together – Lori – A
9:15a – Spin – Rachel – C
9:30a – Dance Cardio – Leslie – A
10:00a – Yoga – AnneMarie – B
10:00a – Aqua Aerobics – Rebecca
10:15a – Fit 4 Life – Lori – Gym
11:00a – Aqua Arthritis – Leslie
11:15a – Pedaling for Parkinson's – Jessica – C
4:15p – Ultimate Teen Fit – Julie S. – MPR
5:30p – Yoga – Robert – B
6:00p – Kickboxing – Angela – A
6:00p – Ultimate Fit – Julie S. – MPR
6:15p – Aqua Aerobics – Tanya

Saturday

8:00a – Strength Train Together – Mark/Erin – A
9:00a – ZUMBA® – Katie – A
9:00a – Ultimate Fit – Julie S. – MPR
10:15a – Aqua Aerobics – Tanya

Sunday

3:00p – Yoga – Robert – B (90 mins)

KEY: Studio A – Upstairs Studio
Studio B – Yoga Studio
Studio C – Spin Studio
MPR – Multi Purpose Room

Aqua Aerobics	Water class for all ages. Includes strength and cardio training using water resistance and water dumbbells.
Aqua Arthritis	Water based exercises targeted to increase physical activity among people with arthritis.
Barre	Combines Pilates and Yoga for a full body workout that strengthens, stretches, and tones. The use of light weights, bands, and balance balls make moves more effective and challenging.
Bosu Strength	Experience the BOSU balance trainer and give your body an overall strength workout. Can incorporate hand weights, and resistance bands.
Cardio Blast	A full cardio class with variety! May include elements of HIIT, kickboxing, circuit training, and other cardio exercises.
Core	High intensity workout that targets everything from the shoulders to the hips. May include drills, calisthenics, strengthening, and stretches. Suitable for all fitness levels.
Dance Cardio	Music-dance themes that create a dynamic, exciting, and effective fitness system. This class features aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body.
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)
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 .
HIIT	Full body workout improving cardiovascular health, muscular strength, and endurance through weight training and body weight exercises.
Kickboxing	Designed to maintain an increased heartrate while fine tuning your martial arts-style kicks and punches. Drills and short combinations included.
Muscle Mania	A strength training workout that incorporates the use of body weight, hand weights and barbells.
Pedaling For Parkinson's	A spin class designed to improve the quality of life of those diagnosed with Parkinson's disease.
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.
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.
Step	Athletic cardio training using a step to help improve cardio, agility, balance, coordination, and strength. Instructors may include elements of sports conditioning and drills.
Strength Train Together	Will blast all your muscles with a high-rep weight training workout. Using an adjustable barbell, weight plates and body weight, this workout combines squats, lunges, presses and curls, with functional integrated exercises. Dynamic music and a motivating group atmosphere will get your heart rate up, make you sweat and push you to a personal best. (1 hr)
Taekwondo	A fitness program with the added benefit of self-defense skills and an increase in mental and emotional strength.
Total Body	Designed to strengthen and tone all muscle groups. Bands, hand weights, steps, etc. will be used. Great for beginners and advanced participants.
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. (1 hr)
Ultimate Teen Fit	This class is for teens ages 13-18. It is a functional fitness-based class that uses kettlebells, plyometric boxes, jump ropes, plate weights, and dumbbells to improve overall fitness, strength, and agility.
Yoga	Slow, controlled movements and deep stretches of Yoga poses are used to release tension, develop flexibility, and build strength.
ZUMBA®	Get a cardio workout while dancing to the rhythms and movements of Latin music. (1 hr)