



YMCA OF EAST TENNESSEE

Cansler Family YMCA Group Exercise Schedule March 2023



Monday

9:00am – TABATA – US – Chris
 10:00am – PICKLEBALL – BG
 10:05am – WATER AEROBICS – P
 11:15am – SENIOR CLASSIC – US – Nancy
 12:30pm – HOMESCHOOL PE – BG/P - TBD

5:10pm – DANCE FITNESS – US – Anna
 5:30pm – SPIN – SR - Stephani
 6:00pm – YOUTH FITNESS – BG – Kassie
 6:00pm – TOTAL BODY – US – Lauren
 6:00pm – WATER AEROBICS – P

Tuesday

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

6:00pm – YOGA – YS – Becky
 6:00pm – ZUMBA – US – Jackie

Wednesday

6:30am – SPIN – SR - Monk
 9:00am – HYDRORIDER – P – Cat
 9:00am – TOTAL BODY – US – Chris
 10:00am – PICKLEBALL – BG
 10:05am – WATER AEROBICS – P
 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

Thursday

9:00am – PILATES – US – Ann
 9:00am – HYDRORIDER – P – Jess
 10:00am – YOGA – YS – Angela
 10:00am – BEGINNER PICKLEBALL CLINIC – BG*
 *first Thursday of the month only
 10:05am – WATER AEROBICS – P – Jess
 10:15am – SPIN – SR – Ann
 11:20am – CHAIR YOGA – YS – Angela
 12:30pm – HOMESCHOOL PE – BG/P – TBD

5:30pm – SPIN – SR – Leila/Stephani
 6:00pm – ZUMBA – US – Jackie

Friday

9:00am – STEP & TONE – US – Chris
 10:00am – PICKLEBALL – BG
 10:05am – WATER AEROBICS – P – Richard
 11:15am – SENIOR CLASSIC – US – Nancy

7:00pm – HYDRORIDER – P – Stephani

Saturday

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

LOCATION KEY:

US = Upstairs Studio
 BG = Basketball Gym
 YS = Yoga Studio
 SR = Spin Room
 P = Pool

CLASS DESCRIPTIONS	
Aqua Fit for Kids	A Y instructor will lead kids 7-12 years old through water games and activities like splashball (water polo), basketball, relay races, and more. Free with Y membership with no registration required! Red necklace non-swimmers will wear life jackets.
Beginner Pickleball Clinic	Instructor-led pickleball clinic for beginners. You'll learn rules of play, perform easy skill drills, and scrimmage against other beginner players. Equipment is provided or you may bring your own. ONLY MEETS ONCE PER MONTH.
Chair Yoga	In Chair 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)
Dance Fitness	Cardio dance for all levels. A mix of Hip-Hop and Zumba style dance. (45 min)
Homeschool PE	Instructor-led PE class for elementary-aged homeschool children. 1 hour in the gym learning sports, recreation, and exercise basics followed by 1 hour in the pool for fun and games. (2 hrs)
HIIT	High Intensity Interval Training: Full body workout improving cardiovascular health, muscular strength, and endurance through weight training and body-weight exercises.
Hydrorider	Aqua spin class on unique bikes that are submerged chest-deep in the pool. You must sign up for this class. Please call 865-637-9622 the day before to sign up. Water shoes with the toe covered are required for this class.
Pickleball	Pick-up pickleball play for all levels. Please expect to rotate play with others. Equipment is provided or you may bring your own.
Pilates	Stretch and tone muscles and enhance posture, muscle balance, muscle tone, flexibility, and mind-body control. (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)
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)
Step & Tone	45 minutes of heart pumping fun incorporating one of the fundamental pieces of group exercise equipment: the Step. This class is fast-paced and fun with choreography to keep you challenged.
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)
Total Body	Designed to help strengthen and tone all muscle groups. Bands, hand weights, steps, etc. will be used. Great for beginners to advanced exercisers. (45 min)
Ultimate Fit	A functional fitness-based class that uses kettlebells, plyometric boxes, jump ropes, plate weights, dumbbells, and bodyweight exercises to improve overall fitness, strength, and agility.
Water Aerobics	A mix of cardio and strength exercises led by an instructor in the pool for a full-body workout. (55 min)
Youth Fitness	Fun training-style and games-based class for elementary-aged kids, 5-12 years old. This class will help develop skills to increase strength, agility, balance, and cardio all through fun activities and games.
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 and fun dance workout.