



YMCA of East Tennessee Lindsay Young DT YMCA Group Exercise Schedule March 2023



Monday

6:00am – SPIN – Jorge (SR)
12:00pm – SPIN – Frannie, Paige 3/6 (SR)
12:00pm – ULTIMATE FIT – Julie (A)
12:15pm – YOGA – Hanna (YS)
5:30pm – STEP – Darryl, Vickey 3/20 (GX)
5:30pm – Spin & Core – Sarah S. (SR) -New
6:00pm – ULTIMATE FIT – Michael (A)
6:30pm – YOGA – Sheema, Macy 3/6 (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 – STRENGTH TRAIN TOGETHER Mark (GX)
6:30PM – YOGA – Macy (YS)

Wednesday

6:00am – SPIN – Muna (SR)
12:00pm – SPIN – Frannie, Paige 3/8 (SR)
12:15pm – KICKBOXING – Julie (GX)
12:15pm – YOGA – Ann (YS)
5:30PM – DANCE FITNESS – Anna (GX)
5:30pm – SPIN – Fawn, Paige 3/8, 3/15 (SR)
5:30pm – YOGA – Jamie (YS)
5:45pm – ULTIMATE FIT – Abbi (A)

Thursday

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

Friday

6:30am – ULTIMATE FIT – Paige (GX)
12:00pm – SPIN – Paige (SR)
12:00pm – ULTIMATE FIT – Sarah H. (A)
12:15pm – YOGA – Ann 3/3, 3/17, 3/31, Hanna 3/10, 3/24 (YS)

Saturday

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

***New Class, New Time, New Location or New Instructor**

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

www.ymcaknoxville.org