



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

www.ymcaknoxville.org



Monday

6:00am – SPIN – Jorge (SR)
12:00pm – SPIN – Frannie (SR)
12:00pm – ULTIMATE FIT – Julie (A)
12:15pm – YOGA – Hanna (YS)
5:30pm – CARDIO BLAST – Darry, 11/27 Muna (GX)
5:45pm – ULTIMATE FIT – Isaac (A)
6:30pm – YOGA – Sheema (YS)

Tuesday

5:45am – STRENGTH TRAIN TOGETHER – Muna (GX)
10:00am – WATER AEROBICS – Richard (P)
10:30am – KICK START FITNESS – Paige (GX)
12:00pm – ULTIMATE FIT – Julie (A)
5:30PM – STRENGTH TRAIN TOGETHER Mark (GX)
6:00PM – YOGA – Rene (YS)

Wednesday – 11/22 No Evening Classes

6:00am – SPIN – Muna (SR)
12:00pm – SPIN – Frannie (SR)
12:15pm – KICKBOXING – Julie (GX)
12:15pm – YOGA – Ann (YS)
5:30pm – SPIN – Fawn (SR)
5:30pm – YOGA – Jamie (YS)
5:45pm – ULTIMATE FIT – Paige (A)

Thursday – Closed 11/23– Happy Thanksgiving

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

***No classes 11/23 – Thanksgiving Day**

Friday – 11/24 Turkey Burn classes ONLY

12:00pm – SPIN – Paige (SR)
12:00pm – ULTIMATE FIT – Sarah H. (A)
12:15pm – YOGA – Ann 11/10/Hanna 11/3, 11/17 (YS)

***11/24 – Turkey Burn Spin with Paige @ 9am
Turkey Burn Ultimate Fit with Isaac
@ 10am.**

Saturday

9:15am – YOGA – Becky (YS) **(90 Minutes)**
11:00am – STRENGTH TRAIN TOGETHER – Mark (GX)

***Event, 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)

Cardio Blast	A full cardio class with variety! May include elements of Step, HIIT, Kickboxing, Circuit Training and other cardio exercises.
Kickboxing	Designed to maintain an increased heartrate while fine tuning your martial arts-style kicks and punches. Drills and short combinations included.
Kick Start Fitness	Kick Start is an intro level class that demystifies fitness by introducing a variety of workout methods and styles to build confidence and comfort for participants new to exercise or returning to a healthy lifestyle.
Social Run	Easy paced run guided by an experienced runner. The route will be 1 to 3 miles through our community in downtown/East Knoxville. All skill/experience levels welcome.
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.
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.
Total Definition	This class offers a full body workout improving cardiovascular health, muscular strength & endurance through weight training & body-weight exercises.
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.
Water Aerobics	Water Aerobics class for all fitness levels. Cardio and strength training. You do not have to know how to swim to take this class.
Yoga	Slow, controlled movements and deep stretches are used to release tension, develop flexibility and strength.