



YMCA OF EAST TENNESSEE

Cansler Family YMCA Group Exercise Schedule November 2023



Monday

9:00am – TABATA – US – Chris
10:00am – PICKLEBALL – BG
10:05am – WATER AEROBICS – P
11:15am – SENIOR CLASSIC – US – Nancy

5:30pm – DANCE FITNESS – BG – Anna
5:30pm – SPIN – SR – Stephani
6:00pm – TOTAL BODY – US – Paige
6:00pm – WATER AEROBICS – P

Tuesday

9:00am – PILATES – US – Ann
9:00am – HYDRORIDER – P – Cat
10:00am – YOGA BASIC – CR – Angela
10:05am – WATER AEROBICS – P – Lori
10:15am – SPIN – SR – Ann
11:20am – CHAIR YOGA – CR – Angela

6:00pm – YOUTH FITNESS – BG – Jahson
6:00pm – YOGA – CR – 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 – HATHA YOGA – YS – Hanna
5:45pm – AQUA FIT FOR KIDS – P – Tiffany
6:00pm – ULTIMATE FIT – BG – Stephani
6:30pm – PILATES – US – Morgan

Thursday

9:00am – PILATES – US – Ann
9:00am – HYDRORIDER – P – Jess
10:00am – YOGA BASIC – CR – Angela
10:05am – WATER AEROBICS – P – Jess
10:15am – SPIN – SR – Ann
11:20am – CHAIR YOGA – CR – Angela

5:30pm – SPIN – SR – Leila/Stephani
6:00pm – ZUMBA – US – Jackie
6:15pm – Adult Swim Club – P

Friday

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

7:00pm – HYDRORIDER – P – Stephani

Saturday

9:15am – HIIT – US – Leila/Kimberly/Angela
9:15am – SPIN – SR – Jorge
10:00am – YOGA – CR – Angela

LOCATION KEY:

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

CLASS DESCRIPTIONS

Aqua Fit for Kids	A Y instructor will lead kids 7-12 years old through water games and activities. No registration required! Red necklace non-swimmers will wear life jackets.
Beginner Pickleball Clinic	Pickleball clinic for beginners to learn rules of play, perform skill drills, and play against other learners. Equipment is provided or bring your own. (60 min)
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 children. 1 hour in the gym learning sports 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 various 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	A fun variety of exercises designed to increase muscular strength, range of movement and activities for daily living. 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 riders who like a great cardio and leg workout. (45 min)
Total Definition	Heart pumping fun incorporating full body workout improving cardiovascular health, muscular strength, and endurance using weights and body exercises. (45 min)
Tabata	High-intensity interval training consisting 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 training class that uses kettlebells, weights, plyometric boxes, jump ropes, and bodyweight exercises to improve overall fitness, strength, and agility. (55 min)
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 kids 5-12 years old that will help increase strength, agility, and balance through fun activities and games. (60 min)
Zumba	A fuse of Latin rhythms and easy-to-follow moves to create a dynamic and fun dance workout.
Adult Swim Club	No registration required, just join us for this volunteer-led program to meet a community of swimmers and improve your lap swim skills. All welcomed. (45 min)
Yoga Basic	For our Active Older Adults, enjoy slow, controlled movements and deep stretches of Yoga poses used to release tension, develop flexibility, and build strength. (45 min)
Chair Yoga	Chair Yoga allows you to safely perform a variety of seated and standing yoga poses designed to increase flexibility, balance, and range of motion. (45min)
Hatha Yoga	Hatha Yoga: slow, controlled movements and deep stretches of Yoga poses are used to release tension, develop flexibility, and build strength. (45 min)
Yoga	Build strength in the core, balance in the body, as well as increasing flexibility and range of motion. Enjoy themed classes around holidays and special events. (45 min)