



YMCA of East Tennessee  
**Tennova Family YMCA**  
**Group Exercise**  
**Schedule**  
 January 2024



**Monday** | **Tuesday**

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  
 9:30a – Yoga – Melissa – B  
 10:00a – Aqua Arthritis – Janet  
 10:15a – Fit 4 Life – Jess – Gym  
 10:45a – Barre –Lindsey A  
 11:00a – Aqua Aerobics – Lori  
 11:15a – Pedaling for Parkinsons – Jess – C  
 5:00p – Ultimate Teen Fit – Julie S. - MPR  
 5:30p – Spin –Janet- C  
 6:00p – Ultimate Fit– Julie S. – MPR  
**6:00p – BODYPUMP – Muna – A**

5:15a – Total Body – Julie S. – A  
**8:30a – BODYPUMP – Rhonda - A**  
 9:15a – Spin – Rachel – C  
 9:45a – Pilates – Mary Nelle – A  
 10:00a –Aqua Aerobics – Jane  
 10:15a –Fit 4 Life– Janet - Gym  
 10:45a – Core – Mary Nelle – A  
 11:00a – Aqua Arthritis – Jane  
 5:30p – Yoga – AnneMarie – B  
 6:00p – HIIT – Angela – A  
 6:00p – Ultimate Fit– Paul – MPR  
 7:00p – Step – Erin – A

**Wednesday** | **Thursday**

5:30a – Spin – Emily – C  
**6:00a – BODYPUMP – Paige– A**  
 8:30a – Cardio Blast – Leslie – A  
 9:00a – Ultimate Fit – Teresa – MPR  
 9:00a – Aqua Aerobics – Rebecca  
 9:30a – Bosu Strength–Mary Nelle –A  
 10:00a – Aqua Arthritis – Leslie  
 10:15a – Fit 4 Life – Janet – Gym  
 10:30a – Self Defense/Taekwondo – Julie R. – A  
 12:00p – Aqua Aerobics – Jess  
 5:00p – Ultimate Teen Fit – Julie S. – MPR  
 5:30p – ZUMBA® – Katina – A  
 5:30p – Spin – Ken – C  
 6:00p – Ultimate Fit – Julie S. – MPR  
 6:30p – Aqua Aerobics – Christie

5:15a – Total Body – Julie S. – A  
 8:30a – Defend Together – Lori – A  
 9:45a – ZUMBA® – 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 Parkinsons - Jess – C  
 5:30p – Yoga – Erin 4, 11/Emily 18,25 – B  
 6:00p – Kickboxing – Angela – A  
 6:00p – Ultimate Fit – Jessica C. – MPR  
 6:00p – Aqua Aerobics – Tanya

**Friday** | **Saturday**

5:30a – Spin – Danielle 12,26/Emily 5,19 – C  
 8:30a – Yoga – Mary Nelle - B  
**8:30a – BODYPUMP – Rhonda – A**  
 9:00a – Aqua Aerobics – Jane  
 9:15a – Spin – Jess – C  
 9:45a – Barre – Mary Nelle – A  
 10:00a – Aqua Arthritis – Jane  
 10:15a – Fit 4 Life – Jess – Gym  
 11:00a – Aqua Aerobics –Jane

**8:00a – BODYPUMP – Mark – A**  
**\*\*\*Launch January 13<sup>th</sup>**  
**– Mark, Muna, Paige, Rhonda**  
 8:00a – Ultimate Fit – Julie S. – MPR  
 9:15a – ZUMBA® (1hr) + CIRCL Mobility™ (15 min. optional) – Katie – A  
 9:00a – Ultimate Fit – Julie S. – MPR  
 10:15a – Aqua Aerobics – Tanya

**Sunday**

**\*\*BOLD CLASSES MEANS NEW CLASS, NEW TIME OR NEW LOCATION**

3:00p – Yoga – Erin 7,14/Katie J. 21,28 – A (90 mins)

**\* REGULAR HOURS January 1 New Year’s Day**

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

<b>Aqua Aerobics</b>	Water class for all ages. Includes strength and cardio training using water resistance and water dumbbells. (45 min)
<b>Aqua Arthritis</b>	Water based exercises targeted to increase physical activity among people with arthritis. (45 min)
<b>Barre</b>	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. (45 min)
<b>BodyPump</b>	BODYPUMP from Les Mills is a total body strength workout that will shape and tone all major muscle groups, increase core strength, improve bone health, and leave you feeling strong and fit. (45min-1hr)
<b>Bosu Strength</b>	Experience the BOSU balance trainer and give your body an overall strength workout. Can incorporate hand weights, and resistance bands. (45 min)
<b>Cardio Blast</b>	A full cardio class with variety! May include elements of HIIT, kickboxing, circuit training, and other cardio exercises. (45 min)
<b>Core</b>	High intensity workout that targets everything from the shoulders to the hips. May include drills, calisthenics, strengthening, and stretches. Suitable for all fitness levels. (45 min)
<b>Defend Together</b>	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! <b>(1 hr)</b>
<b>Fit 4 Life</b>	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 <b>Senior friendly</b> . (45 min)
<b>HIIT</b>	Full body workout improving cardiovascular health, muscular strength, and endurance through weight training and body weight exercises. (45 min)
<b>Kickboxing</b>	Designed to maintain an increased heartrate while fine tuning your martial arts-style kicks and punches. Drills and short combinations included. (45 min)
<b>Pedaling For Parkinsons</b>	A spin class designed to improve the quality of life of those diagnosed with Parkinson's disease. (1 hour+)
<b>Pilates</b>	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. (45 min)
<b>Self Defense/Taekwondo</b>	A fitness program with the added benefit of self-defense skills and an increase in mental and emotional strength. (45 min)
<b>Spin</b>	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. (45 min)
<b>Step</b>	Athletic cardio training using a step to help improve cardio, agility, balance, coordination, and strength. Instructors may include elements of sports conditioning and drills. (45 min)
<b>Total Body</b>	Designed to strengthen and tone all muscle groups. Bands, hand weights, steps, etc. will be used. Great for beginners and advanced participants. (45min)
<b>ULTIMATE FIT</b>	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. <b>(1 hr)</b>
<b>Ultimate Teen Fit</b>	This class is for teens ages 12-18. 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. (45 min)
<b>Yoga</b>	Slow, controlled movements and deep stretches of Yoga poses are used to release tension, develop flexibility, and build strength. (45 min)
<b>ZUMBA®</b>	Get a cardio workout while dancing to the rhythms and movements of Latin music. <b>(1 hr)</b>