



YMCA OF EAST TENNESSEE

Cansler Family YMCA Group Exercise Schedule March 2024



Monday

9:00am – TABATA – US – Chris
9:00am – PICKLEBALL – BG
10:00am – CORE & STRETCH – US – Michelle
10:05am – WATER AEROBICS – P – Cat
11:00am – KICK START FITNESS – US – Michelle
12:00pm – ¹BODYPUMP EXPRESS – US – Michelle

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

Tuesday

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

6:00pm – YOUTH FITNESS – BG – Gavin
6:00pm – YOGA – CR – Becky
6:15pm – ZUMBA – US – Jackie

Wednesday

9:00am – HYDRORIDER – P – Cat
9:00am – TOTAL BODY – US – Chris
10:00am – PICKLEBALL – BG
10:05am – WATER AEROBICS – P – Cat
10:00am – CORE & STRETCH – US – Michelle
11:00am – KICK START FITNESS – US – Michelle
12pm – ²BODYPUMP EXPRESS – US – Michelle

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

Friday

9:00am – TOTAL DEFINITION – US – Chris
9:00am – PICKLEBALL – BG
10:05am – WATER AEROBICS – P – Richard
11:00am – KICK START FITNESS – US – Kim

7:00pm – HYDRORIDER – P – Stephani

Thursday

9:00am – PILATES – US – Ann
9:00am – HYDRORIDER – P – Jess
9am – BEGINNER PICKLEBALL CLINIC – BG*
*last Thursday of the month only
10:00am – SPIN – SR – Lindsey
10:00am – YOGA BASIC – CR – Angela
10:05am – WATER AEROBICS – P – Jess
11:20am – CHAIR YOGA – CR – Angela

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

Saturday

9:15am – HIIT – US – Leila/Kimberly/Angela
10:00am – YOGA – CR – Angela
10:15am – ZUMBA – US – Jackie
12:00pm – BODYPUMP – US – Paige/Michelle

LOCATION KEY:

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

New for March

¹30-minute express version
²45-minute express version

CLASS DESCRIPTIONS

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 welcome. (45 min)
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	Instructor-led class where you learn rules of play, perform easy skill drills, and scrimmage against other beginner players. Equipment is provided or you may bring your own. Register online. ONLY MEETS ONCE PER MONTH.
Body Pump	A Les Mills favorite, Body Pump is a fast-paced, barbell-based workout that's specifically designed to help you get lean, toned and fit. (60 min)
Body Pump Express	Body Pump Express is a 30-minute strength workout utilizing barbells to burn fat, sculp and tone, and strengthen your entire body. (30 min)(*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)
Core & Stretch	A fun class designed to build core strength and integrate stretching techniques to improve muscular recovery. (45 min)
Dance Fitness	Cardio dance for all levels. A mix of Hip-Hop and Zumba style dance. (45 min)
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)
HIIT	High Intensity Interval Training: Full body workout improving cardiovascular health, muscular strength, and endurance through various exercises.
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 hr)
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.
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 of any age, new to exercise, or returning to a healthy lifestyle. (45 min)
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.)
Spin	Exhilarating 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)
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 Definition	Heart pumping fun incorporating full body workout improving cardiovascular health, muscular strength, and endurance using weights and body exercises. (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)
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)
Yoga Basic	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)
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. (50 min)
Zumba	A fuse of Latin rhythms and easy-to-follow moves to create a dynamic and fun dance workout.