



YMCA of East Tennessee
Tennova Family YMCA
Group Exercise
Schedule
March 2024



Monday

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
 7:05p – Turn Up Dance Fitness – Heather - A

Wednesday

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
11:30a – Balance 4 Life – Janet – Studio A
 12:00p – Aqua Aerobics – Jess
 5:30p – ZUMBA® – Katina – A
 5:30p – Spin – Ken – C
 6:00p – Ultimate Fit – **Jessica C.** – MPR
6:00p – Aqua Aerobics –

Friday

5:30a – Spin – Danielle 15,29/Emily 1,8,22 – 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

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

***CLOSED – SUNDAY, MARCH 31 - EASTER**

Tuesday

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– Lois - 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

Thursday

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
5:00p – Ultimate Teen Fit – Julie S. – MPR
 5:30p – Yoga – Emily – B
 6:00p – Kickboxing – Angela – A
 6:00p – Ultimate Fit – **Julie S.** – MPR
 6:00p – Aqua Aerobics – Tanya

Saturday

8:00a – BODYPUMP – Mark – A
 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

3:00p – Yoga – Joanna - A (90 mins)

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

Aqua Aerobics	Water class for all ages. Includes strength and cardio training using water resistance and water dumbbells. (45 min)
Aqua Arthritis	Water based exercises targeted to increase physical activity among people with arthritis. (45 min)
Balance 4 Life	Includes balance and stability, chair yoga, stretching, strength and can be done in a chair with the option to sit or stand as able. Senior Friendly (45 min)
Barre	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)
BodyPump	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)
Bosu Strength	Experience the BOSU balance trainer and give your body an overall strength workout. Can incorporate hand weights, and resistance bands. (45 min)
Cardio Blast	A full cardio class with variety! May include elements of HIIT, kickboxing, circuit training, and other cardio exercises. (45 min)
Core	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)
Defend Together	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! (1 hr)
Fit 4 Life	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 Senior friendly . (45 min)
HIIT	Full body workout improving cardiovascular health, muscular strength, and endurance through weight training and body weight exercises. (45 min)
Kickboxing	Designed to maintain an increased heartrate while fine tuning your martial arts-style kicks and punches. Drills and short combinations included. (45 min)
Pedaling For Parkinsons	A spin class designed to improve the quality of life of those diagnosed with Parkinson's disease. (1 hour+)
Pilates	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)
Self Defense/Taekwondo	A fitness program with the added benefit of self-defense skills and an increase in mental and emotional strength. (45 min)
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. (45 min)
Step	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)
Total Body	Designed to strengthen and tone all muscle groups. Bands, hand weights, steps, etc. will be used. Great for beginners and advanced participants. (45min)
Turn Up Dance Fitness	A variety of dance based workouts that sculpt your body and mind. (45 min)
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. (1 hr)
Ultimate Teen Fit	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)
Yoga	Slow, controlled movements and deep stretches of Yoga poses are used to release tension, develop flexibility, and build strength. (45 min)
ZUMBA®	Get a cardio workout while dancing to the rhythms and movements of Latin music. (1 hr)