



## YMCA OF EAST TENNESSEE

### Cansler Family YMCA Group Exercise Schedule April 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 – <sup>1</sup>BODYPUMP EXPRESS – US – Michelle

5:30pm – DANCE FITNESS – BG – Anna  
5:30pm – SPIN – SR – Stephani  
6:00pm – BODYPUMP – US – Paige  
6:20pm – YOUTH FITNESS – GYM  
6:00pm – WATER AEROBICS – P – Shari

#### Tuesday

9:00am – PILATES – US – Vickey  
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 – 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 – <sup>2</sup>BODYPUMP EXPRESS – US – Michelle

5:30pm – HATHA YOGA – YS – Hanna  
6:00pm – ULTIMATE FIT – BG – Stephani  
6:30pm – PILATES – US – Morgan

#### Thursday

9:00am – PILATES – US – Paige  
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

#### 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

#### 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 CLASSES

<sup>1</sup>30-minute express version  
<sup>2</sup>45-minute express version

## CLASS DESCRIPTIONS

<b>Adult Swim Club</b>	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)
<b>Aqua Fit for Kids</b>	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.
<b>Beginner Pickleball Clinic</b>	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. (60 min)
<b>Body Pump</b>	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)
<b>Body Pump Express</b>	Body Pump Express is a 30-minute strength workout utilizing barbells to burn fat, sculpt and tone, and strengthen your entire body. (30 min)(*45 min)
<b>Chair Yoga</b>	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)
<b>Core &amp; Stretch</b>	A fun class designed to build core strength and integrate stretching techniques to improve muscular recovery. (45 min)
<b>Dance Fitness</b>	Cardio dance for all levels. A mix of Hip-Hop and Zumba style dance. (45 min)
<b>Hatha Yoga</b>	Hatha Yoga: slow, controlled movements and deep stretches of Yoga poses are used to release tension, develop flexibility, and build strength. (45 min)
<b>HIIT</b>	High Intensity Interval Training: Full body workout improving cardiovascular health, muscular strength, and endurance through various exercises.
<b>Homeschool PE</b>	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)
<b>HydroRider</b>	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.
<b>Kick Start Fitness</b>	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)
<b>Pickleball</b>	Pick-up pickleball play for all levels. Please expect to rotate play with others. Equipment is provided or you may bring your own.
<b>Pilates</b>	Stretch and tone muscles and enhance posture, muscle balance, muscle tone, flexibility, and mind-body control. (60 min.)
<b>Spin</b>	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)
<b>Tabata</b>	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)
<b>Total Definition</b>	Heart pumping fun incorporating full body workout improving cardiovascular health, muscular strength, and endurance using weights and body exercises. (45 min)
<b>Ultimate Fit</b>	A training class that uses kettlebells, weights, plyometric boxes, jump ropes, and bodyweight exercises to improve overall fitness, strength, and agility. (55 min)
<b>Water Aerobics</b>	A mix of cardio and strength exercises led by an instructor in the pool for a full-body workout. (55 min)
<b>Yoga</b>	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)
<b>Yoga Basic</b>	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)
<b>Youth Fitness</b>	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)
<b>Zumba</b>	A fuse of Latin rhythms and easy-to-follow moves to create a dynamic and fun dance workout.