



YMCA of East Tennessee Lindsay Young DT YMCA Group Exercise Schedule August 2024



Monday

6:00am – SPIN – Jorge (SR)
 12:00pm – SPIN – Frannie (SR)
 12:30pm – BODYPUMP EXPRESS™ (GX)–Paige
 12:00pm – ULTIMATE FIT – Julie (A)
 12:15pm – YOGA – Hanna (YS)

5:30pm – CARDIO BLAST– Darryl (GX)
 5:45pm – ULTIMATE FIT–Isaac (A)
 6:30pm – YOGA – Sheema (YS)

Tuesday

5:45am – BODY PUMP™– Muna (GX)
 10:00am – WATER AEROBICS – Richard (P)
 12:00pm – YOGA – Laura (YS)
 12:00pm – ULTIMATE FIT–Julie (A)

5:30PM – BODY PUMP™– Mark (GX)
 6:00PM–SOCIAL RUN – Angela (L)
 6:00PM – YOGA – Rene (YS)

Wednesday

6:00am – SPIN – Muna (SR)
 12:00pm – SPIN – Carrie (SR)
 12:15pm – KICKBOXING – Julie (GX)
 12:15pm – YOGA – Frannie (YS)
 1:30PM–BODY PUMP EXPRESS™–Paige (GX)

5:30pm – SPIN – Fawn (SR)
 5:30pm – YOGA – Jamie (YS)
 5:45pm – ULTIMATE FIT – Paige (A)

Thursday

5:45am – BODY PUMP™ - Muna (GX)
 12:00pm – ULTIMATE FIT–Julie (A)

5:30pm – BODY PUMP™– Mark,8/1,8/8 Rhonda (GX)
 6:30pm – YOGA Becky (YS)

Friday

12:00pm – SPIN – Paige (SR)
 12:00pm –ULTIMATE FIT – Sarah H. (A)
 12:15pm – YOGA 8/2 Frannie, Hanna 8/9, 8/23 – (YS)

*NEW CLASSESES

Classroom Key: Attic (A), Group Exercise Studio (GX), Spin (SR), Yoga (YS), Lobby (L)

Saturday

9:15am – SPIN – Jorge, 8/17 Lindsey, 8/31 Carrie (SR)
 9:15am – YOGA – Becky (YS) (90 Minutes)
10:00am – BODY COMBAT – Abby (GX)
 11:00am – BODY PUMP–Mark, 8/3 Chris S, 8/10 Julie (GX)

Body Pump™	A Les Mills favorite, Body Pump™ 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.
Body Pump Express	Body Pump Express is a 45-minute strength workout utilizing barbells to burn fat, sculpt and tone, and strengthen your entire body.
Cardio Blast	A full cardio class with variety! May include elements of Step, HIIT, Kickboxing, Circuit Training and other cardio exercises.
Kickboxing	Designed to maintain an increased heartrate while fine tuning your martial arts-style kicks and punches. Drills and short combinations included.
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 new to exercise or returning to a healthy lifestyle.
Social Run	Our Social Run is a fun, easy paced run guided by an experienced runner. Each week, we'll follow a 3-mile route (approximate distance) and start and end at the Y. The run route may change from week to week as we explore our growing community! All skill/experience levels are welcome, be prepared for 3 miles at a comfortable jogging pace. As the group grows, we may adjust pace and/or distance to fit the needs and skill levels of our regulars.
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.
Total Definition	This class offers a full body workout improving cardiovascular health, muscular strength & endurance through weight training & body-weight exercises.
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 weightlifting, powerlifting, and Olympic lifting.
Water Aerobics	Water Aerobics class for all fitness levels. Cardio and strength training. You do not have to know how to swim to take this class.
Yoga	Slow, controlled movements and deep stretches are used to release tension, develop flexibility and strength.