



YMCA of East Tennessee
 Tenna Family YMCA
**Group Exercise
 Schedule**
 August 2024



Monday | **Tuesday**

5:30a – Spin- Danielle 26/Muna 5,12,19 – C
 8:30a – Total Body – Keli – A
 9:00a – Ultimate Fit – Teresa – MPR
 9:00a – Aqua Aerobics – Jane
9:30a –BodyCombat – A
 9:30a – Yoga – Melissa – B
 10:00a – Aqua Arthritis – Jane
 10:15a – Fit 4 Life – Jess – Gym
 10:45a – Barre –Lindsey A
 11:00a – Aqua Aerobics-Lori 6,13/Leslie 19/Jane 26
 11:15a – Pedaling for Parkinsons – Jess – C
 4:30p – I Can Teen Fit – Julie S. - A
 5:00p – Ultimate Teen Fit – Julie S. - MPR
 5:30p – Spin – Chaz - C
 6:00p – Ultimate Fit– Julie S. – MPR
 6:00p – BODYPUMP – Muna – A
 7:05p – Turn Up Dance Fitness – Heather - A

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

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 – Keli 14,21,28/Pris 7 – A
 10:00a – Aqua Arthritis – Leslie
 10:15a – Fit 4 Life – Paige – Gym
 10:30a – Self Defense/Taekwondo – Julie R. – A
 11:30a – Balance 4 Life – Paige – Studio A
 12:00p – Aqua Aerobics – Jess
 5:30p – ZUMBA® – Dannisha – A
 5:30p – Spin – Ken – C
 6:00p – Ultimate Fit – Jessica C. – MPR
 6:00p – Aqua Aerobics – Lisandra

5:15a – Total Body – Julie S. – A
8:30a –BodyCombat – A
 9:45a – ZUMBA® – Leslie – A
 10:00a – Yoga – AnneMarie – B
 10:00a – Aqua Aerobics – Rebecca
 10:15a – Fit 4 Life – Vickey 8,22,29/Lori 1,15 –Gym
 11:00a – Aqua Arthritis – Leslie
 11:15a – Pedaling for Parkinsons - Jess – C
 5:00p – Ultimate Teen Fit – Julie S. – MPR
 5:30p – Yoga – Robert – B
 6:00p – Kickboxing – Angela – A
 6:00p – Ultimate Fit – Julie S. – MPR
 6:00p – Aqua Aerobics – Tanya

Friday | **Saturday**

5:30a – Spin –Danielle 23,30/Emily 9,16/Muna 2– C
 8:30a – Yoga– Erin 9,23,30/Lindsey 16/Robert 2– B
 8:30a – BODYPUMP – Rhonda – A
 9:00a – Aqua Aerobics – Jane
 9:15a – Spin – Jess – C
 9:45a – Barre –Lindsey 2,9,16,30/Leslie 23 – A
 10:00a – Aqua Arthritis – Jane
 10:15a – Fit 4 Life – Jess – Gym
 11:00a – Aqua Aerobics –Jane
6:00p – Aqua Aerobics - Lisandra

8:00a – BODYPUMP – Mark – A
 8:00a – Ultimate Fit – Julie S. – MPR
 9:15a – ZUMBA® (1hr) + CIRCL Mobility™ (15 min. optional) – Katie – A
 10:15a – Aqua Aerobics – Tanya

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

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

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| 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) |
| BodyCombat | BodyCombat is a high-energy, non-contact, martial arts-inspired workout. It is an aerobic routine that seeks cardiovascular performance through movements taken from martial arts such as Taekwondo, Tai Chi, Capoeira, Muay Thai, Karate or boxing. (1 hr) |
| 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) |
| 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) |
| I Can Teen Fit | A class designated for intellectual and/or developmental disabilities for ages 12-18, with exercises and programming targeted to their ability levels. (30 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) |
| 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) |