



# YMCA of East Tennessee Lindsay Young DT YMCA Group Exercise Schedule October 2024

[www.ymcaknoxville.org](http://www.ymcaknoxville.org)



## Monday

12:00pm – SPIN – Carrie, 10/7 Sarah S. (SR)  
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 – ULTIMATE FIT – Julie (A)

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

## Wednesday

6:00am – SPIN – Muna 10/3, 10/30 **Halloween Spin (SR)**  
12:00pm – SPIN – Frannie (SR)  
12:15pm – KICKBOXING – Julie (GX)  
12:15pm – YOGA – Laura (YS)  
**1:30PM – TOTAL BODY – Julie (GX)**

5:30pm – SPIN – Fawn, 10/9 Michael, 10/30 **Halloween Spin (SR)**  
5:30pm – YOGA – Jamie (YS)  
5:45pm – ULTIMATE FIT – Gus/Abby, 10/30 Michael (A)

## Thursday

5:45am – BODY PUMP™ – Muna (GX)  
**10:00am – WATER AEROBICS – Richard (P)**  
12:00pm – ULTIMATE FIT – Julie (A)  
**12:15pm – YOGA – Frannie (YS)**

5:30pm – BODY PUMP™ – Mark (GX)  
6:35pm – YOGA – Becky, 10/31 Hanna (YS)

## Friday

**6:00am – SPIN – Jorge (SR)**  
12:00pm – SPIN – Carrie (SR)  
12:00pm – ULTIMATE FIT – Sarah (A)  
12:15pm – YOGA – Hanna 10/11, 10/25, Addie 10/4, 10/18 (YS)

### \*NEW CLASSESES

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

## Saturday

9:15am – SPIN – Jorge (SR)  
9:15am – YOGA – Becky, 10/19 Addie (YS) (90 Minutes) **10/26 Halloween Yoga**  
11:00am – BODY PUMP – Mark (GX)

<b>Body Pump™</b>	<b>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.</b>
<b>Body Pump Express™</b>	Body Pump Express is a 45-minute strength workout utilizing barbells to burn fat, sculpt and tone, and strengthen your entire body.
<b>Cardio Blast</b>	A full cardio class with variety! May include elements of Step, HIIT, Kickboxing, Circuit Training and other cardio exercises.
<b>Kickboxing</b>	Designed to maintain an increased heartrate while fine tuning your martial arts-style kicks and punches. Drills and short combinations included.
<b>Spin</b>	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.
<b>Social Run</b>	Easy paced run guided by an experienced runner. The route will be 1 to 3 miles through our community in downtown/East Knoxville. All skill/experience levels welcome.
<b>Ultimate Fit</b>	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.
<b>Water Aerobics</b>	Water Aerobics class for all fitness levels. Cardio and strength training. You do not have to know how to swim to take this class.
<b>Yoga</b>	Slow, controlled movements and deep stretches are used to release tension, develop flexibility and strength.