



## YMCA OF EAST TENNESSEE

### Cansler Family YMCA Group Exercise Schedule November 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 – Veronica  
 12:00pm – <sup>1</sup>BODYPUMP EXPRESS – US – Michelle  
 12:40pm – <sup>1</sup>LES MILLS CORE – US – Michelle  
  
 5:30pm – SPIN – SR – Stephani  
 6:00pm – BODYPUMP – US – Paige  
 6:00pm – 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 – YOUTH FITNESS \*KICKBALL\* – GYM  
 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 – Veronica  
 12:00pm – <sup>2</sup>BODYPUMP EXPRESS – US – Michelle  
  
 5:30pm – DANCE FITNESS – US – Nora  
 5:30pm – HATHA YOGA – YS – Hanna  
 6:00pm – ULTIMATE FIT – BG – Angela  
 6:30pm – PILATES – US – Morgan

#### Thursday

9:00am – PILATES – US – Rose  
 9:00am – HYDRORIDER – P – Jess  
 10:00am – SPIN – SR – Lindsey  
 10:00am – YOGA BASIC – CR – Angela  
 10:05am – WATER AEROBICS – P – Jess  
 11:00am – <sup>2</sup>LES MILLS CORE – US – Michelle  
 11:20am – CHAIR YOGA – CR – Angela  
 12:00pm – SMALL GROUP TRAINING – US – Michelle  
  
 5:15pm – <sup>2</sup>LES MILLS CORE – US – Paige  
 5:30pm – SPIN – SR – Leila/Stephani  
 6:00pm – YOUTH FITNESS – GYM  
 6:15pm – ZUMBA – US – Jackie  
 6:05pm – Adult Swim Club – P – Marilee

#### Friday

9:00am – TOTAL DEFINITION – US – Chris  
 9:00am – PICKLEBALL – BG  
 10:00am – BARRE – US – Denise  
 10:05am – WATER AEROBICS – P – Richard  
 11:00am – KICK START FITNESS – US – Denise  
  
 7:00pm – HYDRORIDER – P – Stephani

#### Saturday

9:15am – HIIT – US – Leila/Angela  
 10:00am – YOGA – CR – Angela  
 10:15am – ZUMBA – US – Jackie  
 12:00pm – BODYPUMP – US – Paige/Michelle

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

#### LOCATION KEY

US = Upstairs Studio  
 BG = Basketball Gym  
 YS = Yoga Studio  
 SR = Spin Room  
 P = Pool  
 CR = Community Room

## 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>Barre</b>	Barre combines Pilates, Yoga, and Ballet for a workout that strengthens, stretches, and tones. The use of lightweights and bands makes moves more effective and challenging. (50 min)
<b>BODYCOMBAT</b>	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. (60 min)
<b>BODYPUMP</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. (Express: 30-45 min) (Full: 60 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. (45 min)
<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>LES MILLS CORE</b>	A scientific core workout that uses athletic training principles to build strength, stability and endurance in the muscles that support your core. (30/45 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>Small Group Training</b>	Private, small group training from a personal trainer and your fellow members that will help you collectively meet your fitness goals. Register online, maximum of 6. (45 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, and increase flexibility and range of motion. Enjoy themed classes around holidays and special events. (45min)
<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. (60 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. (45 min)