



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

www.ymcaknoxville.org



Monday

12:00pm – SPIN – Carrie (SR)
12:00pm – ULTIMATE FIT – Julie (A)
12:15pm – YOGA – Hanna (YS)

5:30pm – CARDIO BLAST – Darryl, 11/25 Angela (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 (SR)
12:00pm – SPIN – Frannie (SR)
12:15pm – KICKBOXING – Julie (GX)
12:15pm – YOGA – Laura (YS)
1:30pm – Total Body (GX)

5:30pm – SPIN – Fawn (SR)
5:30pm – YOGA – Jamie (YS)
5:45pm – ULTIMATE FIT – Gus/Abby (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, 11/7 Laura (YS)

Friday – NO CLASSES 11/29/2024

6:00am – SPIN – Jorge, 11/8 Carrie (SR)
12:00pm – SPIN – Carrie, 11/8 Michael (SR)
12:00pm – ULTIMATE FIT – Sarah (A)
12:15pm – YOGA – Hanna 11/1, 11/15/Addie 11/18, 11/22 (YS)

Saturday

9:15am – SPIN – Jorge (SR)
9:15am – YOGA – Becky (YS) (90 minutes)
11:00am – BODY PUMP – Mark (GX)

*NEW CLASSESES

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

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.
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.
Social Run	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.
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.