



YMCA of East Tennessee
 Tenna Family YMCA
**Group Exercise
 Schedule**
 January 2025



Monday **Tuesday**

5:30a – Spin- Danielle – C
 8:30a – Total Body – Keli – A
 9:00a – Ultimate Fit – Teresa – MPR
 9:00a – Aqua Aerobics –Janet
 9:30a – BodyCombat/Les Mills Core Combo-Lo-A
 30 mins Combat/30 mins Core
 9:30a – Yoga – Melissa – B
 10:00a – Aqua Arthritis – Janet
 10:15a – Fit 4 Life – Jess – Gym
 10:45a – Barre –Lindsey - A
 11:00a – Aqua Aerobics- Janet
 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 – Janet - C
 6:00p – Ultimate Fit– Julie S. – MPR
 6:00p – BODYPUMP – Muna – A
**6:30p– Pop-up Jan. 20 ONLY Women’s Self Defense
 Julie R. - B**
 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 – Mary Nelle – A
 10:00a –Aqua Aerobics – Jane
 10:15a –Fit 4 Life – **Lo** - Gym
 10:45a – Core – Mary Nelle – 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
 8:30a – Cardio Blast – Leslie – A *
 9:00a – Ultimate Fit – Teresa – MPR *
 9:00a – Aqua Aerobics – Mary Kate
 9:30a –Bosu Strength – Mary Nelle – A
9:30a – Pop-up Jan 1 ONLY BODYPUMP – Paige – A *
 10:00a – Aqua Arthritis – Leslie *
 10:15a – Fit 4 Life – Janet – Gym
 11:30a – Balance 4 Life – Janet – A
 12:00p – Aqua Aerobics – Jess
 5:30p – ZUMBA® – Dannisha – A
 5:30p – Spin – Ken – C
 6:00p – Ultimate Fit – **Julie S.** – MPR *
 6:00p – Aqua Aerobics – Lisandra
6:35p – BODYPUMP – Casey – A *

5:15a – Total Body – Julie S. – A
 8:30a –BodyCombat – Lo - A
**New Launch BODYCOMBAT 101 January 30 –
 Lo, Leslie**
 9:45a – ZUMBA® – Leslie – A
 10:00a – Yoga – AnneMarie – B
 10:00a – Aqua Aerobics – Mary Kate
 10:15a – Fit 4 Life–Janet 9,23/Mary Nelle 2,16,30–Gym
 11:00a – Aqua Arthritis – Leslie
 11:15a – Pedaling for Parkinsons - Jess – C
 5:00p – Ultimate Teen Fit – Julie S. – MPR
 5:30p – Yoga –**McKenzie** 9,23,30/Robert 2/Erin 16 -B
 6:00p – Kickboxing – Angela – A
 6:00p – Ultimate Fit – Julie S. – MPR
 6:00p – Aqua Aerobics – Tanya

Friday **Saturday**

5:30a – Spin –Danielle 3,17,31/Emily 10,24– C
 8:30a – Yoga– Mary Nelle – B
 8:30a – BODYPUMP –Rhonda–A
 9:00a – Aqua Aerobics – Jane
 9:15a – Spin – Jess – C
 9:45a – Barre – Mary Nelle – A
 10:00a – Aqua Arthritis – Jane
 10:15a – Fit 4 Life – Jess – Gym
 11:00a – Aqua Aerobics –Jane

8:00a – BODYPUMP – Mark – A
**New Release Launch BODYPUMP 131 – Mark, Paige,
 Rhonda, Casey**
 8:00a – Ultimate Fit – **Ryan** – MPR
 9:15a –ZUMBA® (1hr) + CIRCL Mobility™ (15min)
 Katie - A
 10:15a – Aqua Aerobics – Tanya

****Normal Hours Wednesday, January 1
 *Specialty Classes Only***

KEY: Studio A – Upstairs Studio
 Studio B – Yoga Studio
 Studio C – Spin Studio
 MPR – Multi Purpose Room

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. (30 mins or 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)
Les Mills Core	A scientific core workout for incredible core tone and sports performance. You build strength, stability and endurance in the muscles that support your core, improve balance, assist injury prevention, and become better at everything you do. (30 or 45mins)
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)
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)