



# YMCA of East Tennessee Lindsay Young DT YMCA Group Exercise Schedule January 2025

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



## Monday

**\*6:00am – SPIN – Muna (SR)**

12:00pm – SPIN – Carrie (SR)

12:00pm – ULTIMATE FIT – Julie (A)

12:15pm – YOGA – Hanna (YS)

**\*12:30pm – LES MILLS CORE – Neeley (GX)**

5:30pm – CARDIO BLAST – Darryl (GX)

5:45pm – ULTIMATE FIT – Isaac (A)

6:30pm – YOGA – Sheema (YS)

**\*7:00pm – LINE DANCING – ANDREA (GX) (classes start January 20th)**

## Tuesday

5:45am – BODY PUMP™ – Muna (GX)

10:00am – WATER AEROBICS – Richard (P)

12:00pm – ULTIMATE FIT – Julie (A)

**\*12:15pm – YOGA – Meg (YS)**

5:30PM – BODY PUMP™ – Mark (GX)

6:00PM – YOGA – Rene (YS)

## Wednesday – NO CLASSES NEW YEARS DAY

6:00am – SPIN – Muna (SR)

**\*11:30am – LES MILLS CORE – Neeley (GX)**

12:00pm – SPIN – Frannie (SR)

12:15pm – KICKBOXING – Julie (GX)

12:15pm – YOGA – Laura (YS)

1:30pm – Total Body (GX)

5:30pm – SPIN – Fawn, Carrie 12/11, 12/18 (SR)

5:30pm – YOGA – Jamie (YS)

5:45pm – ULTIMATE FIT – (A) – Gus, Micheal, 1/8, 1/15 (A)

## Thursday

5:45am – BODY PUMP™ – Muna (GX)

10:00am – WATER AEROBICS – Richard (P)

12:00pm – ULTIMATE FIT – Julie (A)

**\*12:30pm – YOGA – Meg (YS)**

5:30pm – BODY PUMP™ – Mark (GX)

6:35pm – YOGA – Becky (YS)

## Friday

12:00pm – SPIN – Carrie (SR)

12:00pm – ULTIMATE FIT – Sarah (A)

12:15pm – YOGA – Addie 1/3, 1/17, 1/31 Hanna 1/10, 1/24 (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 (YS) (90 minutes)

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>	<b>Body Pump Express is a 45-minute strength workout utilizing barbells to burn fat, sculpt and tone, and strengthen your entire body.</b>
<b>Cardio Blast</b>	<b>A full cardio class with variety! May include elements of Step, HIIT, Kickboxing, Circuit Training and other cardio exercises.</b>
<b>Kickboxing</b>	<b>Designed to maintain an increased heartrate while fine tuning your martial arts-style kicks and punches. Drills and short combinations included.</b>
<b>Les Mills Core</b>	<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>
<b>Line Dancing</b>	<b>This class is for all fitness levels. Learn the basics of new and classic line dances in this fun class that feels more like a party than a workout.</b>
<b>Spin</b>	<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>
<b>Total Body</b>	<b>Designed to strengthen and tone all muscle groups. Bands, hand weights, steps, etc. will be used. Great for beginners and advanced participants. (45min)</b>
<b>Ultimate Fit</b>	<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>
<b>Water Aerobics</b>	<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>
<b>Yoga</b>	<b>Slow, controlled movements and deep stretches are used to release tension, develop flexibility and strength.</b>