



YMCA OF EAST TENNESSEE

Cansler Family YMCA Group Exercise Schedule January 2025



Monday

9:00am – TABATA – US – Chris
9:00am – PICKLEBALL – BG
10:00am – CORE & STRETCH – US – Michelle
10:00am – WATER AEROBICS – P – Cat
11:00am – KICK START FITNESS – US – Veronica
12:00pm – ¹BODYPUMP EXPRESS – US – Michelle
12:40pm – PILATES EXPRESS – 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 – Kim
10:00am – SPIN – SR – Lindsey
10:00am – YOGA BASIC – CR – Angela
10:00am – WATER AEROBICS – P – Mary
11:00am – ²LES MILLS CORE – US – Neeley ★★
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
10:00am – WATER AEROBICS – P – Cat
10:00am – CORE & STRETCH – US – Michelle
11:00am – KICK START FITNESS – US – Veronica
12:00pm – ²BODYPUMP EXPRESS – US – Michelle
12:55pm – PILATES EXPRESS – US – Michelle ★★

5:30pm – DANCE FITNESS – US – Nora
5:30pm – HATHA YOGA – YS – Hanna
6:00pm – ULTIMATE FIT – BG – Stephani
6:30pm – PILATES – US – Morgan

Thursday

9:00am – PILATES – US – Vickey
9:00am – HYDRORIDER – P – Jess
10:00am – SPIN – SR – Lindsey
10:00am – YOGA BASIC – CR – Angela
10:00am – WATER AEROBICS – P – Jess
11:00am – ²LES MILLS CORE – US – Neeley
11:20am – CHAIR YOGA – CR – Angela
12:00pm – SMALL GROUP TRAINING – US – Michelle

5:15pm – ²LES 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
10:00am – WATER AEROBICS – P – Richard
11:00am – KICK START FITNESS – US – Denise
11:00am – VINYASA POWER YOGA – YS – Meg ★★

7:00pm – HYDRORIDER – P – Stephani

¹30-minute version
²45-minute version

★★ NEW!! ☆☆ NEW TIME

Saturday

9:00am – HIIT – US – Leila/Angela/Veronica ☆☆
10:00am – YOGA – CR – Angela
10:00am – ZUMBA – US – Jackie ☆☆
11:00am – BODYPUMP – US – Paige/Michelle ☆☆

LOCATION KEY

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

CLASS DESCRIPTIONS

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| Adult Swim Club | 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) |
| Barre | 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) |
| 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. (60 min) |
| BODYPUMP | 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) |
| Chair Yoga | 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) |
| Core & Stretch | A fun class designed to build core strength and integrate stretching techniques to improve muscular recovery. (45 min) |
| Dance Fitness | Cardio dance for all levels. A mix of Hip-Hop and Zumba style dance. (45 min) |
| Hatha Yoga | Hatha Yoga: slow, controlled movements and deep stretches of Yoga poses are used to release tension, develop flexibility, and build strength. (45 min) |
| HIIT | High Intensity Interval Training: Full body workout improving cardiovascular health, muscular strength, and endurance through various exercises. (45 min) |
| HydroRider | 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. |
| Kick Start Fitness | 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) |
| LES MILLS CORE | 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) |
| Pickleball | Pick-up pickleball play for all levels. Please expect to rotate play with others. Equipment is provided or you may bring your own. |
| Pilates | Stretch and tone muscles and enhance posture, muscle balance, muscle tone, flexibility, and mind-body control. (60 min) |
| Small Group Training | 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) |
| Spin | 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) |
| Tabata | 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) |
| Total Definition | Heart pumping fun incorporating full body workout improving cardiovascular health, muscular strength, and endurance using weights and body exercises. (45 min) |
| Ultimate Fit | A training class that uses kettlebells, weights, plyometric boxes, jump ropes, and bodyweight exercises to improve overall fitness, strength, and agility. (55 min) |
| Vinyasa Power Yoga | A smooth mix of therapeutic and challenging postures linked at a steady pace, with fluid transitions, layering postures in a sequence that gradually builds to a peak and gently unwinds, truly unifying breath with movement. (60 min) |
| Water Aerobics | A mix of cardio and strength exercises led by an instructor in the pool for a full-body workout. (55 min) |
| Yoga | 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) |
| Yoga Basic | 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) |
| Youth Fitness | 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) |
| Zumba | A fuse of Latin rhythms and easy-to-follow moves to create a dynamic and fun dance workout. (45 min) |