



YMCA OF EAST TENNESSEE

Cansler Family YMCA Group Exercise Schedule March 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
 10:15am – ¹BODYPUMP EXPRESS – US – Neeley ★★
 11:00am – ¹LES MILLS CORE – US – Neeley ★★
 11:20am – CHAIR YOGA – CR – Angela

 5:15pm – ²BODYCOMBAT – US – Paige ★★
 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 – Lindsey
 9:00am – HYDRORIDER – P – Jess
 10:00am – SPIN – SR – Lindsey
 10:00am – YOGA BASIC – CR – Angela
 10:00am – WATER AEROBICS – P – Jess
 10:00am – BEG. WOMEN IN WEIGHTRM – US – Michelle ★★
 11:00am – INTERM. WMN IN WEIGHTRM – US – Michelle ★★
 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

Saturday

8:00am – PILATES – US – Leila/Angela/Veronica ★★
 9:00am – HIIT – US – Leila/Angela/Veronica ☆☆
 10:00am – YOGA – CR – Angela
 10:00am – ZUMBA – US – Jackie ☆☆
 11:00am – BODYPUMP – US – Paige/Michelle ☆☆

¹30-minute version
²45-minute version

★★ NEW!! ☆☆ NEW TIME

LOCATION KEY

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

CLASS DESCRIPTIONS

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. Engage with an aerobic routine that seeks cardiovascular performance using martial arts. (45 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. 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)
Women in the Weightroom	Small group training for women from a personal trainer and your fellow members that will help you collectively meet your fitness goals. Register online, maximum of 5. (45 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)