



YMCA of East Tennessee
Tennova Family YMCA
**Group Exercise
Schedule**
March 2025



Monday

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/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- Lori
**11:15a– Pop-up March 17th ONLY Women’s Self
Defense Julie R. - B**
11:15a – Pedaling for Parkinsons – Jess – C
12:00p – Body Balance – Melissa - A
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

Tuesday

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

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
10:00a – Aqua Arthritis – Leslie
10:15a – Fit 4 Life – Janet – Gym
11:15a – 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

Thursday

5:15a – Total Body – Julie S. – A
8:30a –BodyCombat – Lo - A
9:45a – ZUMBA® – Leslie – A
10:00a – Yoga – AnneMarie – B
10:00a – Aqua Aerobics – Mary Kate
10:15a – Fit 4 Life – Lori – 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 -B
6:00p – Kickboxing – Angela – A
6:00p – Ultimate Fit – Julie S. – MPR
6:00p – Aqua Aerobics – Tanya
7:05p – Turn Up Dance Fitness – Heather - A

Friday

5:30a – Spin –Danielle 7,21/Emily 14,28 – 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

Saturday

8:00a – BODYPUMP – Mark – A
8:00a – Ultimate Fit – Ryan – MPR
9:15a –ZUMBA®(1hr)+CIRCL Mobility™(15min)Katie-A
10:15a – Aqua Aerobics – Tanya

Sunday

3:00p – Yoga – Andrea - A (90 mins)

****BOLD CLASSES MEANS NEW CLASS, NEW TIME,
NEW INSTRUCTOR, OR NEW LOCATION**

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)
BodyBalance	BODYBALANCE™ is a new generation yoga class that will improve your mind, your body and your life. You can expect to bend and stretch through a series of simple yoga moves, elements of Tai Chi and Pilates, while an inspiring soundtrack plays in the background. Breathing control is a part of all the exercises, and instructors will always provide options for those just getting started. (30 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)
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)