



YMCA of East Tennessee Lindsay Young DT YMCA Group Exercise Schedule July 2025

www.ymcaknoxville.org



Monday	Tuesday
6:00am – SPIN – Muna (SR) 11:45am – BODY PUMP EXPRESS– Neeley (GX) 12:00pm – SPIN – Carrie (SR) 12:00pm – ULTIMATE FIT – Julie (A) 12:15pm – YOGA – Hanna (YS) 5:30pm – CARDIO BLAST– Darryl, 7/21 Angela (GX) 5:45pm – ULTIMATE FIT–Isaac (A) 6:30pm – YOGA – Sheema, 7/7 Neeley, 7/14 Hanna (YS)	5:45am – BODY PUMP™ – Muna (GX) 10:00am – WATER AEROBICS – Richard (P) 12:15pm – LES MILLS CORE – Neele (GX) *NEW DAY* 12:00pm – ULTIMATE FIT–Julie (A) 12:15pm – YOGA – Becky (YS) 5:30PM – BODY PUMP™ – Mark (GX) 6:00PM – YOGA – Rene (YS)
Wednesday	Thursday
6:00am – SPIN – Muna (SR) 11:30am – LES MILLS BODY BALANCE – Neeley (YS)30 min. 12:00pm– SPIN – Kendalyne (SR) *NEW TIME* 12:15pm – KICKBOXING – Julie (GX) 12:15pm – YOGA – Laura, 7/2 McKenzie (YS) 1:30pm – Total Body (GX) 5:30pm – SPIN – Fawn (SR) 5:30pm – YOGA – Jamie, 7/9&7/16 Becky (YS) 5:45pm – ULTIMATE FIT – (A) – Gus (A) 6:00pm – LINE DANCING – Andrea (GX)	5:45am – BODY PUMP™ – Muna (GX) 10:00am – WATER AEROBICS – Richard (P) 12:00pm – ULTIMATE FIT–Julie (A) 12:30pm – BODY BALANCE – NEELEY (YS) 55 min. 5:30pm – BODY PUMP™ – Mark (GX) 6:00pm – SOCIAL RUN – Abby (L) 6:35pm – YOGA Becky (YS)
Friday	Saturday
12:00pm –ULTIMATE FIT – Sarah (A) 12:15pm – YOGA – Addie 7/18, Hanna 7/11, 7/25 (YS) **CLOSED ON JULY 4TH	9:15am – SPIN – Jorge (SR) 9:15am – YOGA – Becky 7/12 Addie (YS) (90 minutes) 11:00am – BODY PUMP–Mark (GX)

*NEW CLASSESES/TIME OR DAY CHANGES

Classroom Key: Attic (A), Group Exercise Studio (GX), Spin (SR), Yoga (YS), Lobby (L)

Body Balance™	A yoga-based group fitness class that blends yoga, Tai Chi, and Pilates to improve flexibility, strength, and mental well-being. It's designed to be accessible to all levels and offers numerous benefits, including increased flexibility, core strength, and reduced stress. Classes are 30, 45 or 55min.
Body Pump™	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. (60min)
Body Pump Express™	Body Pump Express is a 30-minute strength workout utilizing barbells to burn fat, sculpt and tone, and strengthen your entire body.
Cardio Blast	A full cardio class with variety! May include elements of Step, HIIT, Kickboxing, Circuit Training and other cardio exercises.
Kickboxing	Designed to maintain an increased heartrate while fine tuning your martial arts-style kicks and punches. Drills and short combinations included.
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)
Line Dancing	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.
Social Run	Our Social Run is a fun, easy paced run guided by an experienced runner. Each week, we'll follow a 3-mile route (approximate distance) and start and end at the Y. The route may change from week to week as we explore our growing community! All skill/experience levels are welcome, be prepared for 3 miles at a comfortable jogging pace. As the group grows, we may adjust pace and/or distance to fit the needs and skill levels of our regulars.
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.
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)
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 weightlifting, powerlifting, and Olympic lifting.

Water Aerobics	Water Aerobics class for all fitness levels. Cardio and strength training. You do not have to know how to swim to take this class.
Yoga	Slow, controlled movements and deep stretches are used to release tension, develop flexibility and strength.