



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



Monday	Tuesday
5:30a – Spin- Danielle 7,14/Emily 21,28 – 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 - Janet 11:15a – Pedaling for Parkinsons – Jess – C <b>11:15a– Pop-up July 14<sup>th</sup> ONLY Women’s Self Defense</b> <b>Bring Your Teen - Julie R. - B</b> 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	5:15a – Total Body – Julie S. – A 8:30a – BODYPUMP – Carson - 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	Thursday
5:30a – Spin – Emily 9,30/Danielle 2,16,23 – 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 5:45p – Spin – Ken – C 6:00p – Ultimate Fit – Julie S. – MPR 6:00p – Aqua Aerobics – Lisandra 6:35p – Barre – Casey – A	5:15a – Total Body – Julie S. – A 8:30a –BodyCombat – Lo - A <b>July 24<sup>th</sup> New Release 103 Lo/Leslie/Casey/Paige</b> 9:45a – ZUMBA® – Leslie – A 10:00a – Yoga – AnneMarie – B 10:00a – Aqua Aerobics – Mary Kate 10:15a –Fit 4 Life–Vickey 10,31/MaryNelle 3/Janet 24–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
Friday	Saturday
5:30a – Spin –Danielle 11,25 – 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 <b>11:15a –Pop-up July 18<sup>th</sup> ONLY Line Dancing–Tara -A</b>	8:00a – BODYPUMP – Mark – A <b>July 19<sup>th</sup> New Release 133</b> <b>Mark/Casey/Carson/Veronica</b> <b>8:30a</b> – Ultimate Fit – Paul – 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**

**\*\*CLOSED - FRIDAY, JULY 4<sup>th</sup> INDEPENDENCE DAY**

**KEY:** Studio A – Upstairs Studio  
 Studio B – Yoga Studio  
 Studio C – Spin Studio  
 MPR – Multi Purpose Room

<b>Aqua Aerobics</b>	Water class for all ages. Includes strength and cardio training using water resistance and water dumbbells. (45 min)
<b>Aqua Arthritis</b>	Water based exercises targeted to increase physical activity among people with arthritis. (45 min)
<b>Balance 4 Life</b>	Includes balance and stability, chair yoga, stretching, strength and can be done in a chair with the option to sit or stand as able. <b>Senior Friendly</b> (45 min)
<b>Barre</b>	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)
<b>BodyBalance</b>	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)
<b>BodyCombat</b>	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)
<b>BodyPump</b>	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)
<b>Bosu Strength</b>	Experience the BOSU balance trainer and give your body an overall strength workout. Can incorporate hand weights, and resistance bands. (45 min)
<b>Cardio Blast</b>	A full cardio class with variety! May include elements of HIIT, kickboxing, circuit training, and other cardio exercises. (45 min)
<b>Core</b>	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)
<b>Fit 4 Life</b>	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 <b>Senior friendly</b> . (45 min)
<b>HIIT</b>	Full body workout improving cardiovascular health, muscular strength, and endurance through weight training and body weight exercises. (45 min)
<b>I Can Teen Fit</b>	A class designated for intellectual and/or developmental disabilities for ages 12-18, with exercises and programming targeted to their ability levels. (30 min)
<b>Kickboxing</b>	Designed to maintain an increased heartrate while fine tuning your martial arts-style kicks and punches. Drills and short combinations included. (45 min)
<b>Pedaling For Parkinsons</b>	A spin class designed to improve the quality of life of those diagnosed with Parkinson's disease. (1 hour+)
<b>Pilates</b>	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)
<b>Spin</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. (45 min)
<b>Total Body</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>ULTIMATE FIT</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 weight lifting, powerlifting, and Olympic lifting. (1 hr)
<b>Ultimate Teen Fit</b>	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)
<b>Yoga</b>	Slow, controlled movements and deep stretches of Yoga poses are used to release tension, develop flexibility, and build strength. (45 min)
<b>ZUMBA®</b>	Get a cardio workout while dancing to the rhythms and movements of Latin music. (1 hr)