



YMCA of East Tennessee
North Side YMCA
Group Exercise
Schedule
October 2020



Monday	Tuesday
8:30a- CORE MAX- Gym- Lori 9:00a – DEFEND TOGETHER– Gym - Lori 9a – ULTIMATE FIT – The Garage -Teresa 10a – PILATES – Upstairs Studio –Deena/Rebekah 10a– WATER AEROBICS– Pool – Lori 10:15a –FIT 4 LIFE – Gym – Jessica 4p- ULTIMATE TEEN FIT- The Garage- Gary (ages 13-18) 6p – ULTIMATE FIT-The Garage- Gary 6:30p - SPIN – Spin Studio – Ken	8:30a- YOGA- Upstairs Studio – Ashton 8:30am- PEDALING FOR PARKINSON’S- Spin Studio- Cindy 9:00a – STRONG® or MUSCLE MANIA –Gym- Deena/Rhonda 10a- WATER WALKING - Pool - Jane 10:15a – FIT 4 LIFE - Gym- Jessica 6p- YOUTH FITNESS –Tennis Courts (Ages 6-12) 6p- HIIT- Gym- Angela B. 6p–ULTIMATE FIT–The Garage- Gary 6:30p – YOGA –Upstairs Studio– AnneMarie
Wednesday	Thursday
9a – ZUMBA® – Gym- Deena/Katina 9a- ULTIMATE FIT- The Garage- Teresa 10a- WATER AEROBICS – Pool – Lori 4p- ULTIMATE TEEN FIT- The Garage- Carolyn (ages 13-18) 6p – ULTIMATE FIT –The Garage– Carolyn	8:30a – SPIN - Spin Studio – Rachel 8:30a- CORE MAX- Gym- Lori 9a – DEFEND TOGETHER– Gym - Lori 9:30a- PEDALING FOR PARKINSON’S-Spin Stu-Deena 10a – YOGA- Upstairs Studio- AnneMarie 10a – FIT 4 LIFE – Gym – Lori 6pm- YOUTH FITNESS-Tennis Courts (ages 6-12) 6p–ULTIMATE FIT-The Garage- Gary 6p- KICKBOXING- Gym- Angela
Friday	Saturday
9a – MUSCLE MANIA –Gym–Rhonda 10a – WATER AEROBICS – Pool – Jane 10a- ZUMBA- Upstairs Studio- Katina 10:15a – FIT 4 LIFE - Gym – Jessica 11:15a – CHAIR YOGA – Gym - Kathryn	9a –ZUMBA® –Gym – Katie 9a- ULTIMATE FIT- The Garage- Jessica 10:15a – WATER AEROBICS –Pool- Jessica

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

Core Max	Core Max is a 30min class that will strengthen and focus on your core. (30 min)
Fit 4 Life	A cardio, strength training work out 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)
Muscle Mania	A strength training workout that incorporates the use of body weight, hand weights and barbells. (1 hr)
Kickboxing	Designed to maintain an increased heartrate while fine tuning your martial arts-style kicks and punches. Drills and short combinations included. (1 hr)
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)
Defend Together	A gripping hour that burns a ton of calories and builds total body strength. Tap into the hottest mixed martial arts movements done at a rapid-fire pace to smash your cardio fitness. From the boxing ring to the fighting cage, Defend Together combines cutting-edge moves with thrilling music. This electric experience is addictive! FIGHT FOR IT with Defend Together! (1 hr)
HIIT	Full body workout improving cardiovascular health, muscular strength, and endurance through weight training and body weight exercises (1 hr)
Water Aerobics	Water class for all ages. Includes strength and cardio training using water resistance and water dumbbells. (45 min-1 hr)
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
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.
Yoga	Slow, controlled movements and deep stretches of Yoga poses are used to release tension, develop flexibility, and build strength. (1 hr)
ZUMBA®	Get a cardio workout while dancing to the rhythms and movements of Latin music. (45 min)
STRONG®	Not a dance class. This is a high intensity interval training workout developed to use your own bodyweight to help tone and build muscle and strength. This is a full 1 hour class. Bring a towel and water, and join the fun! (1 hr)
Chair Yoga	Moving the body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of motion Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity. (45 min)
YOUTH FITNESS	Fun training style and games based class for kids ages 6-12. This class will develop skills to increase strength, agility, balance and cardio all through fun activities and games for the kids. Class starts with a dynamic warm up to help prepare the body for exercise. (30-45min)