



YMCA of East Tennessee  
**North Side YMCA**  
**Group Exercise Schedule**  
**November 2020**



Monday	Tuesday
<b>8:30a- CORE MAX- Gym- Lori</b> <b>9:00a – DEFEND TOGETHER– Gym - Lori</b> 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) <b>6p – INSTRUCTOR’S CHOICE (starting Nov. 9) – Gym - Lori</b> 6p – ULTIMATE FIT-The Garage - 6:30p – SPIN – Spin Studio – Ken	<b>8:30am- PEDALING FOR PARKINSON’S- Spin Studio- Jessica</b> 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 6p–ULTIMATE FIT–The Garage- Gary 6:30p – YOGA –Upstairs Studio– AnneMarie
Wednesday	Thursday
<b>8:15a- YOGA- Upstairs Studio – Ashton</b> <b>9a – ZUMBA® – Gym- Deena/Katina</b> 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 <b>11:15a – CHAIR YOGA – Gym - Kathryn</b>	<b>8:30a – SPIN (starting Nov. 14)– Spin Studio - Angela</b> 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**

**\*CLOSING @6PM WEDNESDAY, NOVEMBER 25  
 CLOSED THURSDAY, NOVEMBER 26 THANKSGIVING**

<b>Core Max</b>	Core Max is a 30min class that will strengthen and focus on your core. <b>(30 min)</b>
<b>Fit 4 Life</b>	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 <b>Senior friendly. (45 min)</b>
<b>Muscle Mania</b>	A strength training workout that incorporates the use of body weight, hand weights and barbells. <b>(1 hr)</b>
<b>Kickboxing</b>	Designed to maintain an increased heartrate while fine tuning your martial arts-style kicks and punches. Drills and short combinations included. <b>(1 hr)</b>
<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. <b>(45 min)</b>
<b>Defend Together</b>	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! <b>FIGHT FOR IT with Defend Together! (1 hr)</b>
<b>HIIT</b>	Full body workout improving cardiovascular health, muscular strength, and endurance through weight training and body weight exercises <b>(1 hr)</b>
<b>Water Aerobics</b>	Water class for all ages. Includes strength and cardio training using water resistance and water dumbbells. <b>(45 min-1 hr)</b>
<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
<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.
<b>Yoga</b>	Slow, controlled movements and deep stretches of Yoga poses are used to release tension, develop flexibility, and build strength. <b>(1 hr)</b>
<b>ZUMBA®</b>	Get a cardio workout while dancing to the rhythms and movements of Latin music. <b>(45 min)</b>
<b>STRONG®</b>	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! <b>(1 hr)</b>
<b>Chair Yoga</b>	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. <b>(45 min)</b>
<b>YOUTH FITNESS</b>	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. <b>(30-45min)</b>
<b>INSTRUCTOR'S CHOICE</b>	Our instructor will choose a different class format each week. It could be <b>Kickboxing, Step, Bootcamp, HIIT, etc.</b>