



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE SCHEDULE
West Side YMCA

NOVEMBER 2020

| MONDAY | TUESDAY |
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| 5:30 am Ultimate Fit (Gym) – Gina 6:00am *Spin - Leland 7:00 am Senior Yoga - Susan 8:30 am *Spin - Vicki 8:30 am Water Aerobics (Indoor Pool) Christine 9:30 am Yoga Boot Camp – Frannie 11:00am Kick Start Fitness (Gym) – Denise 1:00 pm Line Dancing - Christine 6:00 pm Strength Train Together – Starr | 5:30 am Ultimate Fit (Gym) - Gina 8:30 am Strength Train Together – Starr 9:30 am Zumba - Carol 9:30 am *Spin – Chris 10:30 am Kick Start Fitness – Mary Kay 11:45 am Yoga –Susan 1:00 pm Senior Yoga - Debbie P 5:00 pm *Kick Boxing (Gym) – Amanda 6:00 pm Zumba – Sovanne/Carol 7:00 pm Yoga - Michael B. |
| WEDNESDAY | THURSDAY – NO CLASSES 11/26 FOR THANKSGIVING |
| 6:00 am Spin - Sarah 7:00 am Senior Yoga - Beth 8:30 am Water Aerobics (Indoor Pool) - Christine 8:30 am *Spin – Frannie 9:00 am Ultimate Fit (GYM) – Maxie NEW CLASS 9:30 am PILATES – Frannie 11:00 am Kick Start Fitness – Michael C. 1:00 pm Senior Yoga - Debbie P 4:45 pm Zumba - Deb (NO CLASS 11/25) 5:30 pm Social Run – Mary Kay (NO CLASS 11/25) 6:00 pm Strength Train Together – Vicki (NO CLASS 11/25) | 5:30 am Ultimate Fit (Gym) - Gina 8:30 am Strength Train Together – Deb 9:30 am *Spin - Frannie 9:35 am Zumba -Deb 10:45 am Kick Start Fitness – Deb 11:45 am Yoga - Hanna 1:00 pm Senior Yoga - Hanna 6:00 pm *Kick Boxing (Gym) - Amanda 7:00 pm Yoga - Michael B. |
| FRIDAY – NO CLASSES 11/27 | SATURDAY |
| 7:00 am Senior Yoga - Beth (NO CLASS 11/27) 8:30 am Water Aerobics (Indoor Pool)- Christine (NO CLASS 11/27) 8:30am – Dance It! – Danielle (GYM)(NO CLASS 11/27) 9:00am – Spin* - Michael B (11/27 class will be 45 minutes and will be BURN THE TURKEY OFF!!) 10:45 am Barre - Denise (NO CLASS 11/27) 6:30 pm Zumba -Sovanne (NO CLASS 11/27) | 7:30 am *Spin - Gina 8:00 am *Kickboxing (Gym) - Derek 8:30 am Yoga -Hanna, Susan 11:00 am Strength Train Together Deb (7 th) Vicki (14 th), Starr (21 st , 28 th) |
| | SUNDAY |
| | 2:45 pm Yoga – Michael B Classes with * require sign-up; sign-up up to 24 hours in advance at the front desk or by calling 690-9622. |

CLASS DESCRIPTIONS:

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| Cardio Dance | This class is easy-to-follow moves set to music that makes you want to get up and dance all while burning calories. (45 min) |
| Get Fit and Toned | A strength-based class that incorporates dumbbells, barbells, bodyweight exercises, stability balls and more (45 min.) |
| Kick Boxing | Kickboxing combines basic drills used "in the ring" as well as "out of the ring" to help tone the body as well as the heart. We will use standing bags; bring your own boxing gloves. Sign up required within 24 hours of class. (45 mins) |
| Kick Start Fitness | Kick Start is an intro level class that demystifies fitness by introducing a variety of workout methods and styles to build confidence and comfort for participants new to exercise or returning to a healthy lifestyle. (45 mins) |
| Line Dancing | An instructor-led class that teaches both new and old-line dances. (45 min) |
| Senior Yoga | In senior yoga, chair support is offered to safely perform a variety of seated and standing yoga poses designed to increase flexibility, balance and range of motion. (45 mins) |
| Social Run | This weekly run is for runners of all abilities. Each week will be around West Knoxville and the pace will be set by the slowest runner. (45 mins) |
| Spin | An instructor-led class on indoor spin bikes that takes you on rides through flats and hills while you control the intensity. (45 mins) |
| Strength Train Together | Combines strength exercises and functional training moves, utilizing a barbell, weight plates, and your body weight, to make you fitter and stronger. High-rep training and athletic movements are key components of this results-driven workout! (55 mins) |
| Ultimate Fit | A functional fitness-based class that uses kettlebells, plyometric boxes, jump ropes, plate weights, and dumbbells to improve overall fitness, strength, and agility. (45 mins) |
| Water Aerobics | Aqua 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. (45 mins) |
| Yoga Boot Camp | This challenging yoga class is for students who would like to increase strength and flexibility. Strength moves, with light weights, will be added into a flowing-style class with a focus on the core. (45 mins) |
| Zumba | A fuse of Latin rhythms and easy-to-follow moves to create a dynamic workout. (55 mins) |