



YMCA of East Tennessee  
**Cansler Family YMCA**  
**Group Exercise Schedule**



**Monday** | **Tuesday**

9:00am – TABATA – US – Chris  
 10:00am – WATER AEROBICS – P  
 11:15am – SENIOR CLASSIC – US -Nancy  
 5:30pm – SPIN – L – Stephanie  
 6:00pm – YOUTH FITNESS – BG  
 6:00pm – TOTAL BODY – US – Jackie  
 6:00pm – WATER WALKING - P

9:00am – PILATES – US – Ann  
 9:00am– Hydrorider – P – Lori  
 10:00am – YOGA – YS – Angela  
 10:00am – WATER AEROBICS – P-Lori  
 10:15am – SPIN – L – Ann  
 11:20am – CHAIR YOGA – US - Angela  
 5:30pm – YOGA – YS – Becky  
 6:30pm – ZUMBA – US – Spence

**Wednesday** | **Thursday**

9:00am – TOTAL BODY – US – Chris  
 10:00am – WATER AEROBICS – P  
 11:15am – SENIOR CLASSIC – US -Nancy  
 5:30pm – YOGA – YS – Hanna  
 6:00pm – ULTIMATE FIT – BG –  
 6:00pm – WATER WALKING – P  
 6:30pm – PILATES – US - Morgan

9:00am – PILATES – US – Ann  
 9:00am– Hydrorider – P –Jess  
 10:00am – YOGA – YS – Angela  
 10:00am – WATER AEROBICS – P – Jess  
 10:15am – SPIN – L – Ann  
 11:20am – CHAIR YOGA – YS – Angela  
 5:30pm – SPIN – L – Leila/Stephanie  
 6:00pm – YOUTH FITNESS – BG

**Friday** | **Saturday**

9:00am – STEP – US – Chris  
 10:00am – WATER WALKING – P  
 11:15am – SENIOR CLASSIC – US – Nancy

10:00am – YOGA – BG – Angela

**Key:** US = Upstairs Studio    BG = Basketball Gym    L = Lobby    YS= Yoga studio    P = Pool

<b>Chair Yoga</b>	Covers the very basic yoga poses while increasing your balance, flexibility and overall strength from a chair instead of the floor. Great for beginners, active older adults, and those with decreased flexibility. (45min.)
<b>Hydrorider</b>	Is an aqua cycle, or a spin bike that goes in the water. Hydrorider workouts are particularly well-suited for people who suffer from joint, muscle, or bone pain. The water's buoyancy reduces the strain on your body, and as a result, will reduce the impact the exercise has on your joints compared to a land-based workout.
<b>Pilates</b>	Stretch and tone muscles and enhance posture, muscle balance, muscle tone, flexibility, and mind-body control. (45 min.)
<b>Senior Classic</b>	Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and balls are offered for resistance. A chair is available if needed for seated or standing support. (45 min.)
<b>Social Run</b>	Easy paced run guided by an experienced runner. The route will be approximately 3 miles through our community in downtown/East Knoxville. All skill/experience levels welcome, be prepared for <b>3 miles</b> at a comfortable jogging pace.
<b>Social Ride</b>	A Group Ride is an easy paced group cycling road ride around Knoxville. Each week we will ride around 15 through the streets of Knoxville at an easy to moderate pace. All skill/experience levels welcome, be prepared to ride <b>15 miles</b> .
<b>Spin</b>	This is a group exercise class using our stationary spin cycles. This class is geared toward all riders who like a great cardio and leg workout. (45 min.)
<b>Step</b>	High energy step class. This class is for all levels because the instructor will offer modifications for everyone! (45 min.)
<b>Tabata</b>	High-intensity interval training that consists of eight sets of fast-paced exercises each performed for 20 seconds interspersed with a brief rest of 10 seconds. (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. (1 hour)
<b>Ultimate Fit</b>	Ultimate fit is a total body class that incorporates tabata cardio, plyometrics and strength training via circuits/stations to help build endurance and strength. (1 hour)
<b>Youth Fitness</b>	Fun training style and games based class for kids ages 5-12. This class will help develop skills to increase strength, agility, balance, and cardio all through fun activities and games for the kids. Class starts out with a dynamic warm up to help prepare the body for exercise. (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>	A fuse of Latin rhythms and easy-to-follow moves to create a dynamic workout. (45 min.)