



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE SCHEDULE
West Side YMCA

OCTOBER 2021

MONDAY	TUESDAY
5:30 am Ultimate Fit (GYM) – Gina, 10/18 Kendalyne 6:00 am 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, 10/11 Michael 11:00am Kick Start Fitness - Denise 1:00 pm Line Dancing - Christine 2:00 pm Beginner Line Dance (12 Weeks) – Christine *NEW CLASS* 5:30 pm Ultimate Fit (GYM) - Maxie 6:00 pm GROUP POWER – Vicki, 10/11 Starr, 10/27 Erin	5:30 am Ultimate Fit (GYM) – Gina, 10/19 Kendalyne 8:30 am GROUP POWER - Starr 8:30 am Water Aerobics (Indoor Pool) – Mary Kate 9:30 am Hip Hop Fitness – Denise 9:30 am *Spin – Chris 10:30 am Kick Start Fitness – Denise/Maxie 11:45 am Yoga - Kim 1:00 pm Senior Yoga - Debbie P. 1:00 pm Water Aerobics – Mary Kate 6:00 pm *Spin – Kim 6:00 pm Zumba – Sovanne 7:00 pm Yoga – Michael
WEDNESDAY	THURSDAY
6:00 am *Spin – Kendalyne 7:00 am Senior Yoga – Susan 8:30 am Water Aerobics (Indoor Pool) – Christine 8:30 am *Spin - Frannie 9:00 am Ultimate Fit (GYM) - Maxie 9:30 am PILATES - Frannie 11:00 am Kick Start Fitness - Vickey B. 1:00 pm Senior Yoga - Debbie P., 10/6 Hanna 1:00 pm Water Aerobics – Mary Kate 4:45 pm Zumba – Deb, 10/13 Leila 6:00 pm GROUP POWER – Vicki, 10/13 Erin	5:30 am Ultimate Fit (GYM) - Gina 8:30 am GROUP POWER – Deb, 10/14 Jackie 9:30 am *Spin - 90 Minutes – Frannie 9:35 am Zumba – Deb, 10/14 Jackie 10:45 am Kick Start Fitness – Deb, 10/14 Maxie 11:45 am Yoga - Hanna 1:00 pm Senior Yoga - Hanna 5:30 pm Ultimate Fit (GYM) – Kimmie 5:30 pm PowerUp Fitness for Kids (ages 6-12) – Margaret NO POWERUP 10/21 & 10/28 6:00 pm Spin – Starr
FRIDAY	SATURDAY
6:00 am *Spin – Kendalyne 7:00 am Senior Yoga – Susan 8:30 am Water Aerobics (Indoor Pool) – Christine 8:30am Dance It! – Danielle, 10/15 Denise 9:00am *Spin – Michael 9:45am Yoga – Michael 10:45 am Barre – Denise 6:30 pm Zumba - Sovanne	7:30 am *Spin – Gina, 10/16 TBD, 10/30 Starr 8:00 am *Kickboxing (GYM) - Derek 8:30 am Yoga – Hanna/Kim 9:45 am Zumba (GYM) – Latoya 10:00 am *GROUP POWER – 10/2 Vicki, 10/9 Erin, 10/16 Starr, 10/23 Deb, 10/30 Erin
	SUNDAY 2:45 pm Yoga - Michael Classes with * require sign-up; sign-up up to 24 hours in advance at the front desk or by calling 690-9622.

CLASS DESCRIPTIONS:

Dance It!	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)
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. Sign up required within 24 hours of class. (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)
Strength and Sculpt	A workout that combines strength exercises, cardio bursts and your body weight to increase your strength, endurance and muscle definition. (45 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)