



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE CANSLER FAMILY YMCA

October 2019

New things happening at the Cansler Y

Check out our Spin Studio and watch a movie while you ride.

*Bolted classes represent something new/time change/instructor change/sign up.

MONDAY			
9:00AM	P	WATER WALKING CLUB	
9:00AM	US	TABATA	Chris
***9:00AM	BG	PICKLE BALL	
10:00AM	P	SHALLOW H2O	Lynne
10:00AM	YS	YOGA BASICS	Nancy
10:15AM	US	LATIN DANCE PLUS	Moni
11:15AM	BG	SS CLASSIC	Nancy
5:30PM	SR	SPIN	Stephanie
5:30PM	US	CARDIO BLITZ	Annie
6:00PM	P	H2O AEROBICS	
6:00PM	BG	POWER UP FOR KIDS	
6:20PM	US	TOTAL BODY	Lauren
7:15PM	BG	HIP HOP FITNESS	Greg
WEDNESDAY			
9:00AM	US	TOTAL BODY	Chris
9:00AM	P	WATER WALKING CLUB	
***9:00AM	BG	PICKLE BALL	
10:00AM	P	SHALLOW H2O	Lynne
10:00AM	YS	YOGA BASICS	Nancy
10:15AM	US	LATIN DANCE PLUS	Moni
*11:00AM	P	HYDRORIDER	Lynne
		MUST CALL TO SIGN UP	
11:15AM	YS	BREAKTHROUGH (Private)	Nancy
11:15AM	BG	SS CLASSIC	Moni
12:10PM	US	TAI CHI	Moni
12:30PM	BG	ROCKSTEADY(Private)	
5:30PM	YS	YOGA	Hanna
6:00PM	P	AQUA ZUMBA! @	April
6:00PM	BG	ULTIMATE FIT	Lauren
6:45PM	P	AQUA FIT for KIDS(7-12)	
6:30PM	US	PILATES	Morgan
FRIDAY			
9:00AM	US	CARDIO FUSION	Chris
	**	Step 10/11 & 10/25	
***9:00AM	BG	PICKLE BALL	
9:45AM	US	GLUTES & GUTS	Chris
10:00AM	P	AQUA ZUMBA! @	April
10:15AM	US	LATIN DANCE PLUS	Moni
11:15AM	BG	STRENGTH&MOVEMENT	Moni
12:30PM	BG	ROCKSTEADY(Private)	
*7:00PM	P	HYDRORIDER	Stephanie
		MUST CALL TO SIGN UP	

TUESDAY			
9:00AM	US	PILATES	Ann
*9:00AM	P	HYDRORIDER	Lori
		MUST CALL TO SIGN UP	
9:00AM	BG	ZUMBA! @	Leila
10:00AM	P	AQUABATA	Lori
10:00AM	YS	YOGA	Angela
*10:00AM	US	MOVE TOGETHER	Leila
		MUST CALL TO SIGN UP	
10:15AM	SR	SPIN	Chris
10:30AM	BG	SERTOMA(Private)	Nancy
*10:30AM	US	CONDITION TOGETHER	Leila
		MUST CALL TO SIGN UP	
11:15AM	BG	SS Circuit	Nancy
11:20AM	YS	CHAIR YOGA	Angela
5:15PM	US	DEFEND TOGETHER	Lori
5:30PM	YS	YOGA	Becky
6:00PM		SOCIAL RUN	
6:00PM	P	AQUA ZUMBA	Lynne
6:30PM	US	ZUMBA!	Spence
*7:00PM	P	HYDRORIDER	Lynne
		MUST CALL TO SIGN UP	
THURSDAY			
*9:00AM	P	HYDRORIDER	
		MUST CALL TO SIGN UP	
9:00AM	US	PILATES	Ann
9:00AM	BG	ZUMBA! @	Leila
10:00AM	P	AQUABATA	Jessica
10:00AM	YS	YOGA	Angela
*10:00AM	US	MOVE TOGETHER	Leila
		MUST CALL TO SIGN UP	
10:15AM	SR	SPIN	Ann
10:30AM	BG	SERTOMA(Private)	Nancy
*10:30AM	US	CONDITION TOGETHER	Leila
		MUST CALL TO SIGN UP	
11:15AM	BG	CIRCUIT	Leila
11:20AM	YS	CHAIR YOGA	Angela
5:30PM	SR	SPIN	Leila 10/3, 10/17 Stephanie 10/10,24,31
6:00PM	BG	POWER UP FOR KIDS	
7:00PM	BG	HIP HOP FITNESS	Greg
SATURDAY			
10:00AM	YS	YOGA	Angela

*Please Call 865-637-9622 to save your spot 24 hours in advance. This class is reserved for members only.

**Step Aerobics October 11th and 25th

***Pickle Ball Member-Led

KEY: US=UPSTAIRS STUDIO
BG=BASKETBALL GYM
SR=SPIN ROOM
YS=YOGA STUDIO
P=POOL

Aqua ZUMBA! Your favorite Zumba classes move to the water! This class is an upbeat water class that will challenge you while having fun! (45min)

Condition Together Dynamic music drives the energetic 30-minute workout with athletic movements and phases of high-intensity interval training. Integrates strength and cardio training to build muscle, burn calories, and improve agility.(30 min)

Defend Together is 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. **Group Fight** combines cutting-edge moves with thrilling music. (1 hr)

Glutes and Guts A class dedicated to toning of your abs and glutes with targeted movements and cardio. Classes will focus on core strengthening to build muscles, in addition, it'll also target your quads and hamstrings. (30 min)

Hip Hop Fitness This cardio dance class will focus strictly on the combinations of crazy cardio moves and hip hop routines. New and current music, along with some old favorites. (45 mins)

HydroRider Group exercise classes using the aqua spin bikes in the pool. This exciting, up tempo class is much easier on the joints than the spin bikes on land. **MUST WEAR AQUA SHOES** (1 hr)

Latin Dance Plus Fun low impact class that combines latin dance steps, salsa, hip hop, and some country dancing inspired steps. (45 mins)

Move Together will have you feeling and moving better in only 30 minutes. Build movement health by mastering the fundamental patterns that encompass everything you do in life. Grow your movement confidence with coaching, motivating music, and a supportive group environment that help you succeed. (30 min)

Pedaling for Parkinson's Class for those with Idiopathic Parkinson's Disease. Pre-registration with Vickey Beard Required.

Pilates Pilates is a mat class that strengthens the "powerhouse" and improves flexibility. This core training class is appropriate for all fitness levels.(45 min)

Pickle Ball A fun paddle sport created for all ages and skill levels that combines elements of tennis, badminton and ping pong. The rules are simple and the game is easy to learn for beginners. Paddles and balls available. (Member-Led)

SilverSneakers Classic ® 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. A chair is available if needed for seated or standing support. (45 min)

Silver Sneakers Circuit Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. A chair is used for standing support, stretching and relaxation exercises.. (45 min)

Social Run Fun, 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 3 miles at a comfortable jogging pace.

SPIN This is a group exercise class using our stationary spin cycles. This class is geared towards all riders who like a great cardio and leg workout. (45 min)

Tabata is a 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. (1 hr)

Tai Chi Tai Chi is a martial art that combines various martial arts movements with energy circulation, breathing, and stretching techniques. (1 hr)

Total Body Designed to help strengthen and tone all muscle groups. Bands, hand weights, steps, etc. will be used. Great for beginners to advanced exercisers. (45 min)

Ultimate Fit 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 hr)

Water Aerobics Classes for all ages. Includes strength and cardio training using water resistance and water dumbbells **Aquabata** high intensity interval class Tuesday and Thursday.(45 min)

Yoga Slow, controlled movements and deep stretches of Yoga poses are used to release tension, develop flexibility, and build strength. Check schedule for times and levels.(1 hr)

ZUMBA! ® Get a cardio workout while dancing to the rhythms and movements of Latin music. (45 min)

ZUMBA!®Burst Exciting workout which fuses high intensity athletic interval training with the electrifying fun of Zumba®.