



YMCA of East Tennessee
North Side YMCA
Group Exercise Schedule
July 2017



Monday	Tuesday
9a – AQUACIZE – Pool- Rebecca 9a – ZUMBA® – Gym-Deena 9a – ULTIMATE FIT – The Garage -Mindy 10a – PILATES – The Garage -Deena 10a- AQUABATA- Pool – Lori 10:15a –FIT 4 LIFE – Gym – Olga 5p- STEP & TONE – Gym- Lori 6p – ULTIMATE FIT-The Garage-Trey 6p – ZUMBA® –Gym- Beth 6:30p – SPIN – Spin Studio – Ken	9a – TOTAL DEFINITION –Gym-Johnnie 9a – AQUABATA – Pool – Jane 9a- PEDALING FOR PARKINSON’S- Cindy 10a – AQUACIZE – Pool – Jane 10:10a – YOGA-The Garage –Claire/Deena 10a – SILVER SNEAKERS CLASSIC® – Gym-Johnnie 11a – SILVER SNEAKERS YOGA® –Gym – Cindy 4:30p – ZUMBA® – Gym – Deena 6p- BODY BLAST- Gym- Angela B. 6p-ULTIMATE FIT-The Garage- Devin 6:30p – YOGA – The Garage – AnneMarie
Wednesday	Thursday
8:30a- CORE FOCUS TOGETHER- Gym- Lori 9a – DEFEND TOGETHER – Gym -Lori 9a – AQUACIZE – Pool- Rebecca 10a- AQUABATA – Pool – Lori 10a – ZUMBA® – Gym – Angela P. 11a-ZUMBA GOLD®* – Gym –Olga 5:30p – DEFEND TOGETHER – Gym – Lori 6p – ULTIMATE FIT –The Garage– Devin 6:30p – ZUMBA® – Gym – Beth	8:30a – SPIN – Spin Studio – Rachel 8:30a- CORE FOCUS TOGETHER- Gym- Lori 9a – DEFEND TOGETHER– Gym – Lori 9a – AQUABATA – Pool- Julie 10:10a – YOGA – The Garage – AnneMarie 10a – AQUACIZE – Pool- Julie 10a – MOVIN’ & GROOVIN’ – Gym – Lori 11a- STRONG by Zumba™ – Gym- Olga 6p-ULTIMATE FIT-The Garage-Devin 6p- STEP & TONE- Gym- Angela 7p- CORE FOCUS TOGETHER- Gym- Angela
Friday	Saturday/Sunday
9a – STRENGTH TRAIN TOGETHER –Gym–Rhonda 9a –AQUA ZUMBA®- Pool – Michael 10a – AQUACIZE – Pool – Jane 10:10a- LEBARRE – The Garage – Deena 10:10a – ZUMBA®-Upstairs Yoga Studio-Denise 10:15a – FIT 4 LIFE – Gym – Olga 11:30a – PEDALING 4 PARKINSON’S- Deena	SATURDAY 9a –ZUMBA® –Gym – Kathryn 10a – Aqua Zumba –Pool-Bonnie

***60’s/70’s THEMED NIGHT FOR STEP & TONE ON MONDAY, JULY 31ST (BRING A FRIEND FOR FREE)**

***NO CLASSES ON TUESDAY, JULY 4TH**

***BOLD CLASSES MEANS NEW CLASS OR NEW TIME**

Aqua ZUMBA!	Your favorite Zumba classes move to the water! This class is great for people who have joint issues that keep them from participating in land classes. (45 min)
Strength Train Together	is YOUR HOUR OF POWER! Blast all your muscles with this high-rep weight training workout. Using an adjustable barbell, weight plates, and body weight, Group Power combines squats, lunges, presses, and curls with functional integrated exercises. Dynamic music and a motivating group atmosphere will get your heart rate up, make you sweat, and push you to a personal best! POWER UP!
Core Focus Together	Group Core trains you like an athlete in 30 action-packed minutes. A strong core, from your shoulders to your hips, will improve your athletic performance, help prevent back pain, and give you ripped abs. Expert coaching and motivating music will guide you through functional and integrated exercises using your body weight, weight plates, a towel, and a platform- all to challenge you like never before.
HIT IT	A challenging, fast pace workout incorporating cardio conditioning, endurance and strength training drills. This class will challenge you from head to toe... pushing your body to the max!
Spin	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. (45 min)
Deep Water Intensity	Let's get in over our heads! This class is held in the deep end of our swimming pool and is geared towards someone who wants more intensity to their water workout. (45 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 to smash your cardio fitness. From the boxing ring to the fighting cage, Group Fight combines cutting-edge moves with thrilling music. This electric experience is addictive! FIGHT FOR IT with Group Fight!
Total Definition	Full body workout improving cardiovascular health, muscular strength, and endurance through weight training and body weight exercises
LeBarre	Dance inspired conditioning combined with Balance, Agility, Resistance, working Recovery, and Eloquence to make a challenging full body workout. (45 min)
Aquacize	Water class for all ages. Includes strength and cardio training using water resistance and water dumbbells. (45 min-1 hr.)
SilverSneakers Classic ® (Moving and Grovin')	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 a SilverSneakers ball are offered for resistance. A chair is available if needed for seated or standing support. (45 min)
SilverSneakers Cardio ®	Get up and go with an aerobics class that's safe, heart-healthy and gentle on the joints. The workout includes easy-to-follow, low-impact movement, and upper-body strength, abdominal conditioning, stretching and relaxation exercises designed to energize your active lifestyle. (45 min) **Higher intensity cardio than Classic**
Silver Sneakers Circuit ® (Moving and Grovin')	Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper-body strength work with hand-held weights, elastic tubing with handles, and a SilverSneakers ball is alternated with low-impact aerobic choreography. A chair is used for standing support, stretching and relaxation exercises.. (45 min.)
ULTIMATE FIT	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
Pilates	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.
Yoga	Slow, controlled movements and deep stretches of Yoga poses are used to release tension, develop flexibility, and build strength. (1 hr.)
Silver Sneakers YOGA	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
ZUMBA! ®	Get a cardio workout while dancing to the rhythms and movements of Latin music. (45 min.)
ZUMBA! Gold ®	Get a cardio workout while dancing to the rhythms and movements of Latin music. (45 min.)