



YMCA of East Tennessee  
**North Side YMCA**  
**Group Exercise Schedule**  
**October 2019**



Monday	Tuesday
9a – AQUA ZUMBA – Pool- Megan 9:05a – ZUMBA® – Gym- Deena 9a – ULTIMATE FIT – The Garage -Teresa 10a – PILATES – Upstairs Studio -Deena 10a- AQUABATA– Pool – Lori 10:15a –FIT 4 LIFE – Gym – Jessica 11:30a- SILVER SNEAKERS YOGA- Gym- Cindy 4p- ULTIMATE TEEN FIT- The Garage- Keith (ages 14-18) 5p- INSTRUCTOR’S CHOICE– Gym- Lori 6p – ULTIMATE FIT-The Garage- Keith 6p – ZUMBA® –Upstairs Studio – Megan <b>6:15p- POWER UP - Camryn (Ages 6-12)</b> 6:30p – SPIN – Spin Studio – Ken	7:30a- GET FIT & TONED- Gym- Rhonda 8:30a- YOGA- Upstairs Studio – Ashton 9:05a – STRONG BY ZUMBA® –Gym- Deena 9a – AQUABATA – Pool – Jane 9a- PEDALING FOR PARKINSON’S- Cindy 10a – AQUACIZE – Pool – Jane 10:15a – SILVER SNEAKERS CLASSIC® – Gym- Jessica 6p- BODY BLAST- Gym- Angela B. 6p-ULTIMATE FIT–The Garage- Jacob 6:30p – YOGA –Upstairs Studio– AnneMarie
Wednesday	Thursday
8:30a- CORE MAX- Gym- Lori 9a – DEFEND TOGETHER – Gym -Lori 9a – AQUACIZE – Pool- Rebecca 9a- ULTIMATE FIT- The Garage- Teresa 10a- AQUABATA – Pool – Lori 10:10a – ZUMBA® – Gym – Nineette 4p- ULTIMATE TEEN FIT- The Garage- Keith (ages 14-18) 6p – ULTIMATE FIT –The Garage– Keith	8:30a – SPIN – Spin Studio – Rachel 8:30a- CORE MAX- Gym- Lori 9a – DEFEND TOGETHER– Gym – Lori 9a – AQUABATA – Pool- Rebecca 9:30a- PEDALING FOR PARKINSON’S- Deena 10a – YOGA- Upstairs Studio- AnneMarie 10a – AQUACIZE – Pool- Rebecca 10a – MOVIN’ & GROOVIN’ – Gym – Lori 5pm- POWER UP- Gary (ages 6-12) 6p-ULTIMATE FIT-The Garage- Gary 6:05p- CARDIO KICK- Gym- Angela
Friday	Saturday
9a –AQUA ZUMBA®- Pool – Megan 9a – GET FIT & TONED –Gym–Rhonda 10a – AQUACIZE – Pool – Jane 10a- ZUMBA- Upstairs Studio- Katina 10:15a – FIT 4 LIFE – Gym – Jessica 11:30a- SILVER SNEAKERS YOGA- Gym- Cindy	9a –ZUMBA® –Gym – Katie 9:30a- ULTIMATE FIT- The Garage- Jacob 10:15a – AQUACISE –Pool- Jessica

**\*BOLD CLASSES MEANS NEW CLASS, NEW TIME OR NEW LOCATION**

<b>Aqua ZUMBA!</b>	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. <b>(45 min)</b>
<b>Aqua Fit for Kids (ages 7-12)</b>	A Y instructor will lead kids 7-12 years old through water games and activities like splashball (water polo), basketball, relay races, and more. Free with Y membership with no registration required! Red necklaces will wear life jackets.
<b>Core Max</b>	Core Max is a 30min class that will strengthen and focus on your core. <b>(30 min)</b>
<b>Fit 4 Life</b>	A cardio, strength training work out fit for any exercise level. Developed to make your body, mind, soul, and spirit strong and healthy. It's fun and Silver Sneaker friendly.
<b>Spin</b>	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. <b>(45 min)</b>
<b>Defend Together</b>	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! <b>(1 hr)</b>
<b>Body Blast</b>	Full body workout improving cardiovascular health, muscular strength, and endurance through weigh training and body weight exercises <b>(1 hr)</b>
<b>Aquacize</b>	Water class for all ages. Includes strength and cardio training using water resistance and water dumbbells. <b>(45 min-1 hr.)</b>
<b>SilverSneakers 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 a SilverSneakers ball are offered for resistance. A chair is available if needed for seated or standing support. <b>(45 min)</b>
<b>Boxing Circuit</b>	A 30 minute boxing circuit style class that incorporates jump rope, body weight exercises, hitting the bag, shadow boxing, and more.
<b>Silver Sneakers Circuit ® (Movin' and Groovin')</b>	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.. <b>(45 min.)</b>
<b>ULTIMATE FIT</b>	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
<b>Pilates</b>	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.
<b>Yoga</b>	Slow, controlled movements and deep stretches of Yoga poses are used to release tension, develop flexibility, and build strength. <b>(1 hr.)</b>
<b>Silver Sneakers YOGA</b>	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
<b>ZUMBA! ®</b>	Get a cardio workout while dancing to the rhythms and movements of Latin music. <b>(45 min.)</b>
<b>STRONG by Zumba ®</b>	Not a dance class. This is a high intensity interval training workout developed to use your own bodyweight to help tone and build muscle and strength. This is a full 1 hour class. Bring a towel and water, and join the fun!
<b>INSTRUCOTRS CHOICE</b>	Our instructor will choose a different class format each week. It could be <b>Boxing, Kickboxing, Step, Bootcamp, etc.</b>