



YMCA OF EAST TENNESSEE

Cansler Family YMCA Group Exercise Schedule December 2025



Monday

09:00am – TABATA – US – Cat
 09:00am – PICKLEBALL – BG
 10:00am – PILATES CORE & STRENGTH – US – Michelle
 10:00am – WATER AEROBICS – P – KJ
 11:00am – KICK START FITNESS – US – Veronica
 12:00pm – BODYPUMP HEAVY – US – Michelle ☆☆

05:30pm – SPIN – SR – Stephani
 06:00pm – BODYPUMP – US – Paige
 06:00pm – YOUTH FITNESS – GYM
 06:00pm – WATER AEROBICS – P – Shari

Tuesday

09:00am – PILATES – US – Lindsey
 09:00am – HYDRORIDER – P – Cat
 10:00am – SPIN – SR – Lindsey
 10:00am – YOGA – CR – Angela
 10:00am – WATER AEROBICS – P – Cat
 11:10am – ULTIMATE FIT – GYM – Lindsey
 11:20am – CHAIR YOGA – CR – Angela
 12:00pm – **BEG. WOMEN IN WEIGHTRM** – US – Veronica*


05:15pm – ²BODYCOMBAT – US – Paige
 06:00pm – YOUTH FITNESS – GYM
 06:00pm – YOGA – CR – Becky
 06:15pm – ZUMBA – US – Jackie

Wednesday

06:00am – ²BODYPUMP – US – Dena
 06:50am – ¹CORE & STRETCH – US – Dena ☆☆
 09:00am – ²BODYPUMP – US – Carson ☆☆
 09:00am – HYDRORIDER – P – Cat
 10:00am – PICKLEBALL – BG
 10:00am – WATER AEROBICS – P – Cat
 10:00am – PILATES CORE & STRENGTH – US – Michelle
 11:00am – KICK START FITNESS – US – Veronica
 12:00pm – BODYPUMP – US – Michelle

06:00pm – ULTIMATE FIT – BG – Stephani
 06:30pm – PILATES – US – Morgan

Thursday

09:00am – PILATES – US – Vickey
 09:00am – HYDRORIDER – P – Jess
 10:00am – MOWL SPIN  BOOT CAMP – SR – Paige ☆☆
 10:00am – YOGA – CR – Angela
 10:00am – WATER AEROBICS – P – Jess
 11:10am – ULTIMATE FIT – GYM – Cat/Paige
 11:20am – CHAIR YOGA – CR – Angela
 12:00pm – **SMALL GROUP TRAINING** – US – Jen*

05:15pm – ²LES MILLS CORE – US – Paige
 05:30pm – SPIN – SR – Leila/Stephani
 06:00pm – YOUTH FITNESS – GYM
 06:15pm – ZUMBA – US – Nora ☆☆
 06:05pm – ADULT SWIM CLUB – POOL – Marilee

Friday

09:00am – ²BODYCOMBAT – US – Paige ☆☆
 09:00am – PICKLEBALL – BG
 10:00am – WATER AEROBICS – P – Richard
 11:00am – KICK START FITNESS – US – Cat
 11:00am – VINYASA POWER YOGA – YS – Dena

07:00pm – HYDRORIDER – P – Stephani

Saturday

08:05am – PILATES – US – Leila/Angela/Neeley
 09:00am – HIIT – US – Leila/Angela/Neeley
 10:00am – GROUP RUN – OUTSIDE – Cameron
 10:00am – YOGA – CR – Angela
 10:00am – ZUMBA – US – Jackie
 11:00am – BODYPUMP – US – YMCA Instructor

¹30-minute version

²45-minute version

***Register online, paid programming**

☆☆ NEW CLASS

LOCATION KEY

US = Upstairs Studio

BG = Basketball Gym

YS = Yoga Studio

SR = Spin Room

P = Pool

CR = Community Room

CLASS DESCRIPTIONS

Adult Swim Club	No registration required, just join us for this volunteer-led program to meet a community of swimmers and improve your lap swim skills. All are welcome. (45 min)
BODYCOMBAT	BODYCOMBAT is a high-energy, non-contact, martial arts-inspired workout. Engage with an aerobic routine that seeks cardiovascular performance using martial arts. (45 min)
BODYPUMP	A Les Mills favorite; Body Pump is a fast-paced, barbell-based workout that's specifically designed to help you get lean, toned, and fit. (Express: 30-45 min) (Full: 60 min)
Chair Yoga	Chair Yoga allows you to safely perform a variety of seated and standing yoga poses designed to increase flexibility, balance, and range of motion. (45min)
Core & Stretch	A fun class that is designed to build core strength and integrate stretching techniques to improve muscular recovery. (45 min)
Dance Fitness	Cardio dance for all levels. A mix of Hip-Hop and Zumba style dance. (45 min)
Group Run (Outdoor)	Perfect for anyone looking to get outdoors, improve their fitness, and enjoy the fresh air while helping you build endurance and reach your personal goals. Meet in lobby (~45 min)
HIIT	High Intensity Interval Training: Full body workout improving cardiovascular health, muscular strength, and endurance through various exercises. (45 min)
HydroRider	Aqua spin class on unique bikes that are submerged chest-deep in the pool. You must sign up for this class. Water shoes with the toe covered are required for this class.
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 of any age, new to exercise, or returning to a healthy lifestyle. (45 min)
LES MILLS CORE	A scientific core workout that uses athletic training principles to build strength, stability and endurance in the muscles that support your core. (30/45 min)
Pickleball	Pick-up pickleball play for all levels. Please expect to rotate play with others. Equipment is provided or you may bring your own.
MOWL Spin	Indoor cycling like you've never seen using our Matrix bikes, we now have software and an app that combines virtual reality with science-based training to create engaging, efficient, & customizable workouts. (55 min)
Pilates	Stretch and tone muscles and enhance posture, muscle balance, muscle tone, flexibility, and mind-body control. (45-60 min)
Small Group Training	Private, small group training from a personal trainer and your fellow members that will help you collectively meet your fitness goals. Register online, maximum of 6. (45 min)
Spin	Exhilarating 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)
Tabata	High-intensity interval training consisting of eight sets of fast-paced exercises, each performed for 20 seconds interspersed with a brief rest of 10 seconds. (45 min)
Ultimate Fit	A training class that uses kettlebells, weights, plyometric boxes, jump ropes, and body weight exercises to improve overall fitness, strength, and agility. (55 min)
Vinyasa Power Yoga	A smooth mix of therapeutic and challenging postures linked at a steady pace, with fluid transitions, layering postures in a sequence that gradually builds to a peak and gently unwinds, truly unifying breath with movement. (60 min)
Water Aerobics	A mix of cardio and strength exercises led by an instructor in the pool for a full-body workout. (55 min)
Women in the Weightroom	Small group training for women from a personal trainer and your fellow members that will help you collectively meet your fitness goals. Register online, maximum of 5. (45 min)
Yoga	Build strength in the core, balance in the body, and increase flexibility and range of motion. Enjoy themed classes around holidays and special events. (60 min)
Youth Fitness	Fun training-style and games-based class for kids 5-12 years old that will help increase strength, agility, and balance through fun activities and games. (50 min)
Zumba	A fuse of Latin rhythms and easy-to-follow moves to create a dynamic and fun dance workout. (45 min)