



YMCA of East Tennessee
Lindsay Young DT YMCA
Group Exercise Schedule
MARCH 2026
www.ymcaetn.org



Monday	Tuesday
<p>6:00am – SPIN – Muna (SR) 11:45am – BODY PUMP EXPRESS™ – Neeley (GX) 12:00pm – MOWL  SPIN – Kendalynne (SR) 12:00pm – ULTIMATE FIT – Julie (A) 12:15pm – YOGA – Hanna (YS) 12:30pm – LES MILLS PILATES™ – Neeley (GX)</p> <p>5:30pm – CARDIO BLAST – Darryl (GX) 5:45pm – SPIN – Brittany (SR) 5:45pm – ULTIMATE FIT – Isaac (A) 6:30pm – YOGA – Sheema (YS) 6:30pm – PILATES – Rachel (GX)</p>	<p>5:45am – BODY PUMP HEAVY™ - Muna (GX) **NEW** 10:00am – WATER AEROBICS – Richard (P) 12:00pm – ULTIMATE FIT – Julie (A) 12:00pm – YOGA – Becky (YS)</p> <p>5:30pm – BODY PUMP™ - Mark (GX) 6:00pm – YOGA – Rene (YS)</p>
Wednesday	Thursday
<p>6:00am – SPIN – Muna (SR) 6:00am – LES MILLS PILATES™ - Neeley (GX) 12:00pm - SPIN – Kendalynne (SR) 12:15pm – KICKBOXING – Julie (GX) 12:15pm – YOGA – Becky (YS) 1:30pm – TOTAL BODY – Julie (GX)</p> <p>5:30pm – SPIN – Fawn, 3/11 & 3/18 Jorge (SR) 5:30pm – YOGA – Jamie (YS) 5:45pm – ULTIMATE FIT – Gus (A)</p>	<p>5:45am – BODY PUMP™ - Muna (GX) 10:00am – WATER AEROBICS – Richard (P) 12:00pm – ULTIMATE FIT – Julie (A) 12:30pm – BODY BALANCE – Neeley (YS) 55 min.</p> <p>5:30pm – BODY PUMP™ - Mark (GX) 6:35pm – YOGA Becky (YS)</p>
Friday	Saturday
<p>6:00am -STEP – Muna (GX)*POP UP 3/6 & 3/27 ONLY* 12:00pm – ULTIMATE FIT – Sarah (A) 12:15pm - MOWL  SPIN - Virtual (SR) 12:15pm – YOGA – Becky/Hanna (YS)</p> <p>*NEW CLASSESES/TIME OR DAY CHANGES Classroom Key: Attic (A), Group Exercise Studio (GX), Spin (SR), Yoga (YS), Lobby (L), Pool(P)</p>	<p>9:15am – SPIN – Jorge (SR) 9:15am – YOGA – Becky (YS) (90 minutes) 11:00am – BODY PUMP – Mark (GX)</p>

Body Balance™	A yoga-based group fitness class that blends yoga, Tai Chi, and Pilates to improve flexibility, strength, and mental well-being. It's designed to be accessible to all levels and offers numerous benefits. Classes are 30, 45 or 55min.
Body Pump™	A Les Mills favorite, Body Pump™ is a total body strength workout that will shape and tone all major muscle groups, increase core strength, improve bone health, and leave you feeling strong and fit. (60min)
Body Pump Express™	Body Pump Express is a 30-minute strength workout utilizing barbells to burn fat, sculpt and tone, and strengthen your entire body.
Body Pump Heavy™	45-minute group fitness class that replaces traditional high-rep, light-weight endurance training with slow-tempo, heavy lifting.
Cardio Blast	A full cardio class with variety! May include elements of Step, HIIT, Kickboxing, Circuit Training and other cardio exercises.
Kickboxing	Designed to maintain an increased heartrate while fine tuning your martial arts-style kicks and punches. Drills and short combinations included.
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 bases training to create engaging, efficient & customizable workouts.
Pilates	Stretch and tone muscles and enhance posture, muscle balance, muscle tone, flexibility, and mind-body control. (45-60 min)
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.
Total Body	Designed to strengthen and tone all muscle groups. Bands, hand weights, steps, etc. will be used. Great for beginners and advanced participants. (45min)
Ultimate Fit	High intensity functional and non-conventional training class. Use unique exercises and techniques to take your endurance and strength to the next level. This class will also give participants a basic knowledge of weightlifting, powerlifting, and Olympic lifting.
Water Aerobics	Water 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.