



YMCA OF EAST TENNESSEE

Cansler Family YMCA Group Exercise Schedule March 2026



Monday

09:00am – TABATA – US – Cat
 09:00am – PICKLEBALL – BG
 10:00am – CORE & STRENGTH – US – Michelle
 10:00am – WATER AEROBICS – P – Shari
 11:00am – KICK START FITNESS – US – Amanda
 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 – Lisandra

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

 05:30pm – ²BODYCOMBAT – GYM – Paige
 06:30pm – YOUTH FITNESS – GYM
 06:00pm – YOGA – CR – Becky
 06:15pm – DANCE FITNESS – US – Nora

Wednesday

06:00am – ²BODYPUMP – US – Dena
 06:50am – ¹CORE & STRETCH – US – Dena
 09:00am – ²BODYCOMBAT – US – CARSON ☆☆
 09:00am – HYDRORIDER – P – Cat
 10:00am – PICKLEBALL – BG
 10:00am – WATER AEROBICS – P – Cat
 10:00am – CORE & STRENGTH – US – Michelle
 11:00am – KICK START FITNESS – US – Veronica
 12:00pm – BODYPUMP HEAVY – US – Michelle
 12:00pm – **BEG. WOMEN IN WEIGHTRM** – US – Veronica*

 05:30pm – ZUMBA – US – Jackie
 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 – Cat
 10:00am – YOGA – CR – Angela
 10:00am – WATER AEROBICS – P – Jess
 11:10am – ULTIMATE FIT – GYM – Cat
 11:20am – CHAIR YOGA – CR – Angela
 12:00pm – **SMALL GROUP TRAINING** – US – Jen*

 05:30pm – SPIN – SR – Leila/Stephani
 05:30pm – ¹BODYPUMP HEAVY EXPRESS – US – Paige
 06:00pm – YOUTH FITNESS – GYM
 06:05pm – ¹LES MILLS CORE – US – Paige
 06:05pm – ADULT SWIM CLUB – POOL – Marilee

Friday

09:00am – ²BODYPUMP – US – Carson ☆☆
 09:00am – PICKLEBALL – BG
 10:00am – WATER AEROBICS – P – Richard
 11:00am – KICK START FITNESS – US – Cat
 11:00am – VINAYASA POWER YOGA – YS – Dena/Becky

 06:00pm – 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 TIME

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 & Strength	A mix of core and ab work paired with strength training for a full-body workout. Expect much of the core work to be done from the floor/mat and light to moderate free weights to be incorporated into the workout. (45 min)
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)