



**YMCA of East Tennessee  
Lindsay Young DT YMCA  
Group Exercise Schedule  
APRIL 2026**

[www.ymcaetn.org](http://www.ymcaetn.org)



Monday	Tuesday
<p>6:00am – SPIN – Muna (SR) 11:45am – BODY PUMP EXPRESS™ – Neeley (GX) 12:00pm – MOWL  SPIN – Kendalyne (SR) 12:00pm – ULTIMATE FIT – Julie (A) 12:15pm – YOGA – Hanna (YS) 12:30pm – 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) 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 – PILATES – Neeley (GX) 12:00pm – SPIN – Kendalyne (SR) 12:15pm – KICKBOXING – Julie (GX) 12:15pm – YOGA – Becky (YS) 1:30pm – TOTAL BODY – Julie (GX)</p> <p>5:30pm – SPIN – Fawn, 4/1 Darryl (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><b>12:15pm – ULTIMATE FIT – Sarah (A) **Time Change**</b></p> <p>12:15pm – MOWL  SPIN – Virtual (SR) 12:15pm – YOGA – Becky/Hanna (YS)</p> <p><b>**NO CLASSES FRIDAY APRIL 3<sup>RD</sup>**</b></p> <p><b>*NEW CLASSES/TIME OR DAY CHANGES</b> 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>

<b>Body Balance™</b>	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.
<b>Body Pump™</b>	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)
<b>Body Pump Express™</b>	Body Pump Express is a 30-minute strength workout utilizing barbells to burn fat, sculpt and tone, and strengthen your entire body.
<b>Body Pump Heavy™</b>	45-minute group fitness class that replaces traditional high-rep, light-weight endurance training with slow-tempo, heavy lifting.
<b>Cardio Blast</b>	A full cardio class with variety! May include elements of Step, HIIT, Kickboxing, Circuit Training and other cardio exercises.
<b>Kickboxing</b>	Designed to maintain an increased heartrate while fine tuning your martial arts-style kicks and punches. Drills and short combinations included.
<b>MOWL Spin</b>	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.
<b>Pilates</b>	Stretch and tone muscles and enhance posture, muscle balance, muscle tone, flexibility, and mind-body control. (45-60 min)
<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>Total Body</b>	Designed to strengthen and tone all muscle groups. Bands, hand weights, steps, etc. will be used. Great for beginners and advanced participants. (45min)
<b>Ultimate Fit</b>	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.
<b>Water Aerobics</b>	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.**