



STARS, STRIPES & STRONGER WORKOUTS!

PILOT FAMILY YMCA

GROUP FIT SCHEDULE JULY 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30am-6:15am ULTIMATE FIT# Gina	5:30am-6:15am ULTIMATE FIT# Gina	5:30am-6:15am ULTIMATE FIT^ Heather	5:30am-6:15am ULTIMATE FIT# Gina	5:30am-6:15am ULTIMATE FIT^ Heather	7:15am-8:15am PILATES CORE & STRENGTH Michelle
6:00am-6:45am MOWL SPIN* Leland	6:00am-6:45am YOGA Sarah	6:00am-6:45am SPIN* Sarah	6:00am-7:00am YOGA Sarah	6:00am-6:45am MOWL SPIN* Leland / Gina	8:30am-9:30am YOGA Alternating Instructor
7:00am-7:45am CHAIR YOGA Susan	8:30am-9:30am BODYPUMP Veronica	7:00am-7:45am CHAIR YOGA Susan	8:30am-9:30am BODYPUMP Deb	7:00am-7:45am CHAIR YOGA Susan	9:45am-10:45am BODYPUMP or BODYPUMP HEAVY See YMCA360 App
8:30am-9:15am MOBILITY/STRETCH Deb	9:35am-10:30am DANCE FITNESS Denise	8:30am-9:15am MOBILITY & STRETCH Deb	9:00am-10:00am WALKING GROUP Pavilion - Lower Lot	8:00am-8:45am TOTAL BODY STRENGTH^ Kimmie	11:00am-12:00pm DANCE FITNESS Nora
8:30am-9:15am SPIN* Vicki	9:30am-10:30am SPIN* Chris	8:30am-9:15am SPIN* Frannie	9:15am-10:00am OUTDOOR H2O FIT Hope	8:30am-9:30am INDOOR WATER FIT Christine	SUNDAY
8:30am-9:30am INDOOR WATER FIT Christine	9:00am-9:45am OUTDOOR H2O FIT Kim	8:30am-9:30am INDOOR WATER FIT Christine	9:30am-11:00am SPIN* Vicki	8:30am-9:30am BARRE Denise	1:30pm-2:30pm DANCE FITNESS Chico / Nora
9:00am-9:45am ULTIMATE FIT^ Veronica	10:45am-11:30am KICK START TOTAL FIT Denise	9:00am-9:45am ULTIMATE FIT^ Heather	9:35am-10:35am DANCE FITNESS Deb	9:00am-9:45am CYCLE FUSION* Kerri	2:45pm-3:45pm YOGA Hanna
9:30am-10:30am PILATES Frannie	11:45am-12:45pm POWER YOGA Kimberly	9:30am-10:30am PILATES CORE & STRENGTH Michelle	10:45am-11:30am KICK START MOBILITY Denise	9:15am-10:15am BODY COMBAT^ Leslie	
10:30am-11:15am OUTDOOR H2O FIT Linda	1:00pm-1:45pm CHAIR YOGA Debbie P.	10:45am-11:30am KICK START CARDIO Vickey B	11:45am-12:30pm YOGA Hanna	9:45am-10:30am POWER YOGA Annabel	YMCA of East Tennessee branches will be closed Saturday, July 4, but your fitness routine doesn't have to be!
10:45am-11:30am KICKSTARTSTRONG Kimmie	5:00pm-6:00pm BODYPUMP HEAVY Veronica	11:45am-12:45pm BODYPUMP HEAVY Michelle	1:00pm-1:45pm CHAIR YOGA Hanna	10:45am-11:30am KICK START BODY & CORE Michelle	With 24/7 Wellness Center Access (\$10/month), you can use the upstairs Wellness Center anytime - even on holidays.
11:45am-12:45pm BODYPUMP HEAVY Michelle	6:00pm-7:00pm ZUMBA / DANCE Sovanne / Nicole	1:00pm-1:45pm CHAIR PILATES Debbie P.	5:00pm-5:45pm YIN YOGA Andrea	11:45am-12:45pm PILATES CORE & STRENGTH Michelle	Prefer to work out at home? Open the YMCA360 app for hundreds of on-demand workouts, available anytime, anywhere.
1:00pm-1:45pm LINE DANCING Christine		4:45pm-5:45pm DANCE FITNESS Deb	5:30pm-6:30pm ULTIMATE FIT^ Michelle	6:30pm-7:30pm ZUMBA Sovanne	
5:00pm-5:45pm BALANCE Neeley		6:00pm-7:00pm BODYPUMP HEAVY Vicki	6:00pm-7:00pm BODY COMBAT Leslie		
5:30pm-6:30pm ULTIMATE FIT^ Michelle		6:00pm-6:45pm OUTDOOR H2O FIT Mary Grace	6:00pm-6:45pm OUTDOOR H2O FIT Erin		
6:00pm-7:00pm BODYPUMP Vicki					