

SOAK UP SUMMER, SWEAT AT THE Y!

PILOT FAMILY YMCA

GROUP FIT SCHEDULE AUGUST 2026

MONDAY

5:30am-6:15am
ULTIMATE FIT*
Gina

6:00am-6:45am
MOWL SPIN*
Leland

7:00am-7:45am
CHAIR YOGA
Susan

8:30am-9:15am
MOBILITY/STRETCH
Deb

8:30am-9:15am
SPIN*
Vicki

8:30am-9:30am
INDOOR WATER FIT
Christine

9:00am-9:45am
ULTIMATE FIT*
Veronica

9:30am-10:30am
PILATES
Frannie

10:30am-11:15am
OUTDOOR H2O FIT
Linda

10:45am-11:30am
KICKSTARTSTRONG
Kimmie

11:45am-12:45pm
BODYPUMP HEAVY
Michelle

1:00pm-1:45pm
LINE DANCING
Christine

5:00pm-5:45pm
YOGA
Neeley

5:30pm-6:30pm
ULTIMATE FIT*
Michelle

6:00pm-7:00pm
BODYPUMP
Vicki

7:15pm-8:00pm
YIN YOGA
Andrea

NEW
CLASS!

TUESDAY

5:30am-6:15am
ULTIMATE FIT*
Gina

6:00am-6:45am
YOGA
Sarah

8:30am-9:30am
BODYPUMP
Veronica

9:35am-10:30am
DANCE FITNESS
Denise

9:30am-10:30am
SPIN*
Chris

9:00am-9:45am
OUTDOOR H2O FIT
Kim

10:45am-11:30am
**KICK START
TOTAL FIT**
Denise

11:45am-12:45pm
POWER YOGA
Kimberly

1:00pm-1:45pm
CHAIR YOGA
Debbie P.

5:00pm-6:00pm
BODYPUMP HEAVY
Veronica

6:00pm-7:00pm
ZUMBA / DANCE
Sovanne / Nicole

WEDNESDAY

5:30am-6:15am
ULTIMATE FIT*
Heather

6:00am-6:45am
SPIN*
Sarah

7:00am-7:45am
CHAIR YOGA
Susan

8:30am-9:15am
**MOBILITY &
STRETCH**
Deb

8:30am-9:15am
MOWL SPIN*
Leland

8:30am-9:30am
INDOOR WATER FIT
Christine

9:00am-9:45am
ULTIMATE FIT*
Heather

9:30am-10:30am
**PILATES
CORE & STRENGTH**
Michelle

10:45am-11:30am
**KICK START
CARDIO**
Vickey B

11:45am-12:45pm
BODYPUMP HEAVY
Michelle

1:00pm-1:45pm
CHAIR PILATES
Debbie P.

4:45pm-5:45pm
DANCE FITNESS
Deb

6:00pm-7:00pm
BODYPUMP HEAVY
Vicki

THURSDAY

5:30am-6:15am
ULTIMATE FIT*
Gina

6:00am-7:00am
YOGA
Sarah

8:30am-9:30am
BODYPUMP
Deb

9:00am-10:00am
WALKING GROUP
Pavilion - Lower Lot

9:30am-11:00am
SPIN*
Vicki

9:35am-10:35am
DANCE FITNESS
Deb

10:45am-11:30am
**KICK START
MOBILITY**
Denise

11:45am-12:30pm
YOGA
Hanna

1:00pm-1:45pm
CHAIR YOGA
Hanna

5:00pm-5:45pm
YIN YOGA
Andrea

5:30pm-6:30pm
ULTIMATE FIT*
Michelle

6:00pm-7:00pm
BODY COMBAT
Leslie

6:00pm-6:45pm
OUTDOOR H2O FIT
Erin

FRIDAY

5:30am-6:15am
ULTIMATE FIT*
Heather

6:00am-6:45am
MOWL SPIN*
Leland / Gina

7:00am-7:45am
CHAIR YOGA
Susan

8:00am-8:45am
**TOTAL BODY
STRENGTH***
Kimmie

8:30am-9:30am
INDOOR WATER FIT
Christine

8:30am-9:30am
BARRE
Denise

9:00am-9:45am
OUTDOOR H2O FIT
Kim

9:00am-9:45am
CYCLE FUSION*
Kerri

9:15am-10:15am
BODY COMBAT*
Leslie

9:45am-10:30am
POWER YOGA
Annabel

10:45am-11:30am
**KICK START
BODY & CORE**
Michelle

11:45am-12:45pm
**PILATES
CORE & STRENGTH**
Michelle

6:30pm-7:30pm
ZUMBA
Sovanne

SATURDAY

7:15am-8:15am
**PILATES
CORE & STRENGTH**
Michelle

8:30am-9:30am
YOGA
Alternating Instructor

9:45am-10:45am
**BODYPUMP or
BODYPUMP HEAVY**
See YMCA360 App

11:00am-12:00pm
DANCE FITNESS
Nora

SUNDAY

1:30pm-2:30pm
DANCE FITNESS
Chico / Nora

2:45pm-3:45pm
YOGA
Hanna

CONQUER THE TRAILS

with the
YMCA of East Tennessee
SIGN UP TODAY:
**RIDGE RUNNER
5K & 1K**
Trail Race at
Big Ridge State Park!

The race is more than a run - it's an opportunity to support the Y's Annual Campaign. Every registration helps provide financial assistance so children, families, and individuals can access YMCA memberships, programs, camp, swim lessons, and more, regardless of their ability to pay.

ymcaetn.org/events/ridge-runner

PILOT FAMILY YMCA **GROUP FIT DESCRIPTIONS**

LOW INTENSITY

WALKING GROUP

Category: Cardio & Strength

Meet for a group fitness walk along the Greenway! Stay moving, stay social, stay healthy!

MOBILITY & STRENGTH

Category: Cardio & Strength

This class will help your range of motion, balance and flexibility.

CHAIR YOGA

Category: Yoga

Chair Yoga will cover the very basic yoga poses while increasing your balance, flexibility and overall strength from a chair instead of the floor. Great for beginners, active older adults, and those with decreased flexibility.

YIN YOGA

Category: Yoga

Yin Yoga is a slow and gentle paced style of yoga. It is a relaxed passive practice that focuses on holding poses, breath work, and developing mindfulness.

YOGA

Category: Yoga

Slow, controlled movements and deep stretches are used to release tension, develop flexibility and strength.

MID INTENSITY

LINE DANCING

Category: Dance

An instructor-led class that teaches both new and old line dances.

KICK START

Category: Cardio & Strength

Kick Start your day with a welcoming, functional fitness class designed to help you build strength, improve balance, increase mobility, and boost cardiovascular health. Each day features a different focus, with exercises that can be modified for individual abilities, making every class accessible, effective, and fun for adults of all fitness levels.

WATER AEROBICS

Category: Pool Fitness

Low-impact, full body workout that improves flexibility, range of motion, strength, muscle tone, and cardiovascular endurance. Exercises are performed in shallow and or deep water depending on the instructor. Movements are motivated by music and easy to follow. Water Aerobics is suitable for people of all ages and fitness levels.

MID TO HIGH INTENSITY

BARRE

Category: Cardio & Strength

A class that utilizes weighted bars, elastic tubing, and gliding discs. It will work all major muscle groups.

DANCE FITNESS / ZUMBA

Category: Dance

A dance-based cardio class using easy-to-follow choreography and a variety of upbeat music. Improve cardiovascular endurance, coordination, and overall fitness while having fun. Perfect for all fitness levels.

PILATES

Category: Core

Pilates is a mat class that strengthens the core and improves strength and flexibility. This core training class is appropriate for all levels.

HIGH INTENSITY

BODYCOMBAT

Category: Cardio & Strength

A high energy martial arts inspired workout that is totally non-contact. Push and kick your way to fitness and burn some calories! No experience needed.

BODYPUMP

Category: Cardio & Strength

BODYPUMP is a barbell-based strength and cardio class that gives you the moves to burn fat, sculpt, tone and strengthen your entire body. Each track focuses on a different muscle group for a full-body, high-energy workout.

BODYPUMP HEAVY

Category: Cardio & Strength

BP Heavy combines strength training with music, featuring choreographed routines of squats, presses, lifts, and curls, and is designed for all fitness levels by allowing participants to adjust the amount of weight they lift. Unlike traditional BODYPUMP, BODYPUMP Heavy focuses on higher weight and lower reps for significant muscle growth and technique improvement.

CYCLE FUSION

Category: Spin

The first part of class will consist of indoor cycling. The last 15-30 minutes will be a combination of strength and stretch exercises off the bike.

MOWL® SPIN

Category: Spin

MOWL® Intelligent Training brings video entertainment, visual motivation, and personal progress options to enhance your indoor experience. Riders get to choose their level of involvement by downloading the app and getting exhaustive data from their ride, or simply attending a class and following along with the instructor.

SPIN

Category: Spin

An instructor-led class on indoor spin bikes that takes you on rides through flats and hills while you control the intensity.

PILATES CORE & STRENGTH

Category: Core

Get ready to power up your core with this high-energy Pilates class! Designed for all fitness levels, this workout combines the precision and strength of traditional Pilates with functional core training to enhance your stability and mobility.

TOTAL BODY STRENGTH

Category: Cardio & Strength

Designed to strengthen and tone all muscle groups. Bands, hand weights, steps, etc. will be used. Great for beginners and advanced participants.

ULTIMATE FIT

Category: Cardio & Strength

A boot camp-style workout that combines strength, cardio, and functional training to build endurance, power, balance, and overall fitness. Every workout is different, keeping classes fresh, challenging, and engaging. With scalable exercises and instructor guidance, participants of all fitness levels can work at their own pace while pushing toward their personal goals in a fun, supportive environment.

VINYASA POWER YOGA

Category: Yoga

Where yoga meets boot camp. Movements and poses designed specifically to strengthen all of your muscles.

Intensity levels are general guidelines and may vary based on your individual fitness level, experience, and how you choose to participate.

Please listen to your body and exercise at a pace that is comfortable for you.