YMCA OF EAST TENNESSEE

Cansler Family YMCA
Group Exercise Schedule
November 2026



Monday

08:00am – PICKLEBALL – BG
09:00am – TABATA – US – CAT
09:00am – YOGA– YS – MEG
10:00am – WATER AEROBICS – P – SHARI
11:00am – KICK START FITNESS – US – SHARI

05:30pm – SPIN – SR – STEPHANI
06:00pm – BODYPUMP – US – PAIGE
06:00pm – YOUTH FITNESS – GYM
06:15pm – 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 – BODYCOMBAT – GYM – PAIGE
06:30pm – YOUTH FITNESS – GYM
06:00pm – YOGA – CR – BECKY

Wednesday

06:00am – ²BODYPUMP – US – Lo
08:00am – PICKLEBALL – BG
09:00am – ²BODYCOMBAT – US – CARSON
09:00am – HYDRORIDER – P – CAT
10:00am – ¹BODYPUMP EXPRESS– US – CARSON
10:00am – WATER AEROBICS – P – CAT
11:00am – KICK START FITNESS – US – VERONICA
12:00pm – **BEG. WOMEN IN WEIGHTRM** – US – Y STAFF*

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 – YOGA– CR – ANGELA
10:00am – WATER AEROBICS – P – JESS
11:10am – ULTIMATE FIT –BG – CARSON
11:20am – CHAIR YOGA – CR – ANGELA

05:30pm – SPIN – SR – LEILA/STEPHANI
05:30pm – ¹BODYPUMP HEAVY EXPRESS – US – PAIGE
06:00pm – YOUTH FITNESS – GYM
06:05pm – ¹CORE & STRENGTH – US – PAIGE
06:05pm – ADULT SWIM CLUB – POOL – MARILEE

Friday

08:00am – PICKLEBALL – BG
09:00am – BODYPUMP – US – CARSON
10:00am – WATER AEROBICS – P – RICHARD
11:00am – KICK START FITNESS – US – CAT
11:00am – VINYASA POWER YOGA – YS – DENA/MEG
12:15pm – ²BODYPUMP HEAVY – US – DENA
06:00pm – HYDRORIDER – P – STEPHANI

Saturday

8:00am – PICKLEBALL – BG
08:05am – PILATES – US – LEILA/ANGELA
09:00am – TRIFECTA – US –LEILA/ANGELA
10:00am – YOGA – CR – ANGELA
10:00am – ZUMBA – US – JACKIE
11:00am – BODYPUMP – US – YMCA INSTRUCTOR

TURKEY BURNER CLASSES 11-27
09:00am – Spin – STEPHANI
10:00am – Body Pump – PAIGE
11:00am – Core Burner - PAIGE

¹30-minute version
²45-minute version
***Register online, paid programming**
☆☆ NEW TIME/NEW CLASS

LOCATION KEY
US = Upstairs Studio
BG = Basketball Gym
YS = Yoga Studio
SR = Spin Room
P = Pool
CR = Community Room

ymcaetn.org

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)
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)
Pickleball	Pick-up pickleball play for all levels. Please expect to rotate play with others. Equipment is provided or you may bring your own.
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)
Trifecta	A variety class that offers load bearing exercises fused with sole bodyweight training and intermittent cardio. Plan to use your own body weight to sculpt, added resistance (such as plates, dumbbells, and bands) to strengthen, and cardio spurts for endurance and recovery.
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)