# LINDSAY YOUNG DT YMCA

# GROUP EXERCISE Schedule

## NOVEMBER 2026

STRONGER TOGETHER. BETTER EVERY DAY.

www.ymcaetn.org

### MONDAY

- 6:00am SPIN — Muna (SR)
- 7:00am YOGA — Alex (YS)
- 12:00pm ULTIMATE FIT — Julie (A)
- 12:00pm YOGA — Meg (YS)
- 12:00pm SPIN — Austin (SR)
- 12:00pm MOBILITY & STRETCH — Kendalyne (GX)
- 5:30pm CARDIO BLAST — Darryl (GX)
- 5:45pm SPIN — Brittney (SR)
- 5:45pm ULTIMATE FIT — Isaac (A)
- 6:30pm PILATES — Rachel (GX)
- 6:30pm YOGA — Sheema (YS)

### TUESDAY

- 5:45am BODY PUMP™ — Muna (GX)
- 10:00am WATER AEROBICS — Richard (P)
- 11:30am BODY PUMP™ — Lo (GX)
- NEW — 12:00pm YOGA — Meg (YS)
- 12:00pm ULTIMATE FIT — Julie (A)
- 5:30pm BODY PUMP™ — Mark (GX)
- 6:00pm YOGA — René (YS)

### WEDNESDAY

- 6:00am SPIN — Muna (SR)
- NEW TIME — 10:30am YOGA — Alex (YS)
- 12:00pm SPIN — Kendalyne (SR)
- 12:15pm KICKBOXING — Julie (GX)
- 1:30pm TOTAL BODY — Julie (GX)
- 5:30pm YOGA — Jamie (YS)
- 5:45pm ULTIMATE FIT — Brittney (A)

### THURSDAY

- 5:45am BODY PUMP HEAVY — Muna (GX)
- 10:00am WATER AEROBICS — Richard (P)
- 11:30am BODY PUMP™ — Lo (GX)
- 12:00pm ULTIMATE FIT — Julie (A)
- 12:30pm BODY BALANCE — Neeley (YS) 55 min.
- 5:30pm BODY PUMP™ — Mark (GX)
- 6:35pm YOGA — Becky (YS)

### FRIDAY

- 12:00pm SPIN — Austin (SR)
- 12:15pm ULTIMATE FIT — Sarah (A)

### SATURDAY

- 9:15am SPIN — Jorge (SR)
- 9:15am YOGA — Becky (YS)
- 11:00am BODYPUMP™ — Mark (GX)

### CLASSROOM KEY

- Attic (A)
- Group Exercise Studio (GX)
- Spin (SR)
- Yoga (YS)
- Lobby (L)
- Pool (P)

**See the YMCA360 app for any instructor subs.**

*Schedules are subject to change.*

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# GROUP EXERCISE

## CLASS DESCRIPTIONS

### BODY BALANCE

A yoga-based group fitness class that blends yoga, Tai Chi, and Pilates to build strength and support mental well-being. Designed to be accessible to all levels and offers numerous benefits.

### BODY PUMP™

A Les Mills favorite, Body Pump™ is a total-body strength workout that shapes and tones all major muscle groups, increases core strength, supports bone health, and leaves you feeling strong and fit. (60 min.)

### BODY PUMP HEAVY™

A 45-minute group fitness class that replaces traditional high-rep, light-weight endurance training with slow-tempo, heavy lifting.

### CARDIO BLAST

A full cardio class with variety! May include elements of Step, HIIT, Kickboxing, Circuit Training, and other cardio exercises.

### KICKBOXING

Designed to maintain an increased heart rate while fine-tuning martial-arts-style kicks and punches. Drills and short combinations included.

### MOBILITY & STRETCH

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

### MOWL SPIN

MOWL® Intelligent Training brings video entertainment, visual motivation, and personal progress options to enhance your indoor cycling experience. Riders can choose their level of involvement by using the app for ride data or simply attending class and following the instructor. (45 min.)

### PILATES

Stretch and tone muscles while enhancing posture, muscle balance, muscle tone, flexibility, and mind-body control. (45–60 min.)

### SPIN

A group exercise class using stationary spin cycles. Geared toward an intermediate rider who wants a great cardio and leg workout.

### TOTAL BODY

Designed to strengthen and tone all muscle groups. Bands, hand weights, steps, and other equipment may be used. Great for beginners and advanced participants. (45 min.)

### ULTIMATE FIT

High-intensity functional and non-conventional training class using unique exercises and techniques to take your endurance and strength to the next level.

### WATER AEROBICS

A water-based class for all fitness levels featuring 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 and develop flexibility and strength.