

UNICOI COUNTY FAMILY YMCA GROUP FITNESS



**CLASSES SUBJECT TO
CHANGE DUE TO WEATHER.**

IF IN DOUBT, PLEASE CALL THE
UNICOI COUNTY FAMILY YMCA
423.743.3361

**INTERESTED IN BECOMING AN
INSTRUCTOR OR
TRAINER?
CONTACT US AT
UCFYMCA.FITNESS@GMAIL.COM**

AGE GUIDELINES

- AGES 14+ MAY PARTICIPATE IN ALL GROUP EXERCISE CLASSES WITHOUT A PARENT OR SUPERVISING GUARDIAN.
- AGES 12-13 MAY PARTICIPATE IN GROUP EXERCISE CLASSES WITHOUT A PARENT OR SUPERVISING GUARDIAN EXCEPT CLASSES WITH WEIGHTS OR CYCLE CLASSES.
- AGES 9-11 MAY PARTICIPATE IN GROUP EXERCISE CLASSES WITH A PARENT OR SUPERVISING GUARDIAN EXCEPT CLASSES WITH WEIGHTS OR CYCLE CLASSES.

MONDAY				
5:15 - 6:00	AM	GF	STRENGTHTRAINING	CHERYL S.
8:00-9:00	AM	GF	CARDIO WALK	SANDY G.
10:00-11:00	AM	GYM	SENIOR FIT	LINDA T.
5:30-6:30	PM	GF	KICKBOXING	DUSTIN W.
6:30-7:30	PM	GF	SPIN	CHERYL S.
TUESDAY				
5:15-6:00	AM	GF	HIIT 45	CHERYL S.
9:30-11:00	AM	GYM	PICKLEBALL	PUBLICGAME
5:00-6:00	PM	GF	GENTLE YOGA	SHARON M.
6:15-7:15	PM	GF	PUMP AND TONING	TONYA T.
WEDNESDAY				
5:15 - 6:00	AM	GF	STRENGTHTRAINING	CHERYL S.
8:00-9:00	AM	GF	CARDIO & TONING	SANDY G.
10:00-11:00	AM	GYM	SENIOR FIT	LINDA T.
5:00-5:30	PM	GF	STEP AEROBICS	CHERYL S.
5:30-6:30	PM	GF	STRENGTHTRAINING	CHERYL S.
6:30-7:30	PM	GF	DANCE	TONYA T.
THURSDAY				
5:15-6:00	AM	GF	HIIT 45	CHERYL S.
8:00-9:00	AM	GF	CARDIO & TONING	SANDY G.
9:30-11:00	AM	GYM	PICKLEBALL	PUBLICGAME
5:30-6:30	PM	GF	CARDIO DANCE	TONYA T.
FRIDAY				
10:00-11:00	AM	GYM	SENIOR FIT	LINDA T.
1:00-2:00	PM	GYM	HOME SCHOOL PE	SHARON M.
SATURDAY				
8:00 - 9:00	AM	GF	STRENGTHTRAINING	CHERYL S.
9:00 - 10:00	AM	GF	CARDIO DANCE	TONYA T.
SUNDAY				
3:00-5:00	PM	GYM	PICKLEBALL	PUBLICGAME
3:30-4:30	PM	GF	CARDIO DANCE	TONYA T.
4:30-5:00	PM	GF	TONING	TONYA T.

ALL CLASSES ARE GEARED FOR ALL FITNESS LEVELS. INSTRUCTORS ARE HAPPY TO SHOW MODIFICATIONS FOR ANY EXERCISE. PLEASE ASK AND LET US HELP YOU GET THE MOST OUT OF YOUR CLASS AND HELP YOU REACH YOUR GOAL!

COURSE DESCRIPTIONS	
AQUA-BATA	Dive into a dynamic water-based workout with Aqua-Bata, a fusion of aqua fitness and high-intensity interval training for a refreshing and effective exercise experience.
AQUA-FIT	Take your workout to the water! Aqua Fit combines traditional aerobic exercises with the buoyancy of water for a low-impact yet challenging session.
CARDIO AND TONING	A combination of cardiovascular exercises and toning moves to enhance your endurance and build strength for an all-encompassing workout.
CARDIO DANCE	Dance your way to fitness with Cardio Dance, a lively class that combines dance routines with cardiovascular exercises for a fun and effective workout.
CARDIO WALK	Elevate your heart rate and boost cardiovascular health with a brisk walking workout designed to get you moving and energized.
DANCE	Groove to the rhythm and boost your cardiovascular fitness through dance moves that are not only enjoyable but also great for burning calories.
GENTLE YOGA	Designed for all levels, this class focuses on gentle movements, deep breathing, and relaxation techniques. Join us to cultivate mindfulness, improve flexibility, and enhance your overall well-being.
HOMESCHOOL PE	Tailored physical education for homeschoolers, offering a variety of activities to promote fitness, coordination, and social interaction.
HIIT 45	High-Intensity Interval Training in a fast-paced 45-minute session, challenging your body with bursts of intense activity followed by short recovery periods.
KICKBOXING	Unleash your inner warrior in this high-energy class that combines martial arts-inspired moves with cardiovascular exercises for a full-body workout.
PICKLEBALL	Join the pickleball craze! This paddle sport combines elements of tennis, badminton, and table tennis for a fun and social group activity.
PUMP AND TONING	Sculpt and define your muscles in this class that incorporates weightlifting and toning exercises, helping you achieve a lean and strong physique.
SENIOR FIT	Tailored for our senior members, this class offers a mix of exercises to improve flexibility, balance, and strength, promoting overall well-being.
SPIN	Get ready to pedal your way to fitness in this intense cycling class, set to motivating music and designed to improve endurance and burn calories.
STRENGTH TRAINING	Build and tone muscle with this comprehensive strength training class that focuses on various muscle groups for overall fitness.
STEP AEROBICS	Step up your fitness game with this classic aerobics class that utilizes an elevated platform for a fun and effective cardiovascular workout.