



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

Summer Group Fitness Class Schedule

Monday	8:00-9:00am Cardio Walk (Sandy)	10:00 - 11:00am Senior Fit (Linda)	5:30-6:30pm Kickboxing (Dustin)	6:30-7:30pm Cycle (Cheryl)		
Tuesday	5:15-6:00am Athletic Cond. (Cheryl)	8:00-9:00am Aqua-fit Fishery Park (Sandy)	8:00-9:00am Yoga (Jeanie) Starting July	5:15-6:00pm Yoga (Sharon)	6:15-7:15pm Pump & Tone (Tonya)	6:15-7:45pm Pickleball (Public Game)
Wednesday	8:00-9:00am Cardio & Toning (Sandy)	10:00 - 11:00am Senior Fit (Linda)	5:00-5:30pm Step Aerobics (Cheryl)	5:30-6:30pm Strength Training (Cheryl)	6:30-7:30pm Dance (Tonya)	
Thursday	5:15-6:00am Athletic Cond. (Cheryl)	8:00-9:00am Aqua-fit Fishery Park (Sandy)	5:30-6:30pm Cardio Dance (Tonya)	6:30-7:30pm Restorative Yoga (Sharon)	6:15-7:45pm Pickleball (Public Game)	.
Friday	9:00- 10:00am Cycle & Sculpt (Jeanie) Starting July	10:00 - 11:00am Senior Fit (Linda)				
Saturday	8:00-9:00am Strength Training (Cheryl)	9:00 - 10:00am Cardio Dance (Tonya)				
Sunday	3:00-5:00pm Pickleball (Public Game)	3:30-4:30pm Cardio Dance (Tonya)	4:30-5:00pm Toning (Tonya)			

Classes are Subject to change due to weather. There are no classes when the YMCA is closed. The YMCA will be closed on Memorial Day, the 4th of July, and Labor Day.

Age Guidelines

- Ages 14+ may participate in all group 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 classes with a parent or supervising guardian **except classes with weights or cycle classes.
- Ages 8 & under child watch is available during classes except Sunday. Children are **not** allowed in group classes.

For more information:

601 LOVE STREET, ERWIN, TN 37650 | 423-743-3361 | UCFYMCA.FITNESS@GMAIL.COM

Classes are inclusive to all fitness levels.

Instructors can modify exercises for your specific needs or fitness level.

Class Descriptions

- **Aqua-Bata:** A fusion of aqua fitness and high-intensity interval training for a refreshing and effective experience.
- **Aqua-Fit:** This is a low-impact yet challenging session that combines traditional aerobic exercises with water's buoyancy.
- **Athletic Conditioning:** High-Intensity Interval Training. 45 minutes of intense exercise bursts with short recovery periods to improve muscle tone and cardiovascular health.
- **Cardio & Toning:** A combination of cardiovascular exercises and toning to enhance endurance and strength.
- **Cardio Dance:** A lively class that combines dance routines with cardiovascular exercises.
- **Cardio Walk:** A brisk walking workout that will elevate your heart rate and boost cardiovascular health.
- **Cycle Class:** A low-impact cardiovascular exercise class performed on a spin bike. It simulates hill climbs, jumps, and sprints to build muscle, burn calories, and increase endurance.
- **Cycle & Tone:** 30 minutes of cycle and 30 minutes of muscle toning.
- **Dance:** Dance routines designed to burn calories and make cardiovascular exercise enjoyable.
- **Homeschool PE:** Social involvement for physical education for homeschooled children.
- **Kickboxing:** A combination of martial arts and boxing that provides great cardiovascular and total body fitness.
- **Pickleball:** A combination of elements from tennis, badminton, and table tennis played with a pickleball paddle.
- **Pump & Tone:** A fitness class that incorporates weightlifting and toning exercises.
- **Restorative Yoga:** Gentle yoga movements, breathing techniques, and relaxation for a mindful experience of improving flexibility and well-being.
- **Senior Fit:** A fitness class for health and wellness focused on improving balance, mobility, and strength.
- **Strength Training:** Build, tone, and strengthen muscles in a group class for total body muscle improvement.
- **Step Aerobics:** An aerobic class using an elevated platform to step to a routine choreographed to music.
- **Yoga:** A mindful experience of connecting breathing techniques with physical postures for a spiritual connection.
- **Yogalates:** A fitness routine that combines Pilates exercise with postures and breathing techniques of yoga.

Group classes are a great way to have accountability and stay motivated.

If you are interested in One-on-One instruction, schedule a meeting with our personal trainer:

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