



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

KNOX COUNTY YMCA GROUP FITNESS CLASSES

Updated January 2012

	Monday	Tuesday	Wednesday	Thursday	Friday
5:45-6:35 AM		Group Cycling Ron		Group Cycling Doug/Melissa	
6:00-6:45 AM	Z-jam Carmen	Yogalates* Carmen		Yogalates* Carmen	
6:00-7:00 AM			Step Amy		
8:00-8:50 AM	Silver Sneakers/MSROM* Doug		Silver Sneakers/MRSOM* Sheila		Silver Sneakers/MSROM* Sheila/Doug
8:00-8:50 AM	Group Cycling Joan		Group Cycling Tom		Group Cycling Joan/Doug/Tom
8:05-9:05 AM		Step Roxie		Step Roxie	
9:00-10:00 AM	Hi/Lo Aerobics Sheila		Spartacus Joan/Tom		Hi/Lo Aerobics Sheila
9:00-10:00 AM	Spartacus* Joan/Tom		Zumba* Susie		Zumba* Susie
9:15-10:05 AM				Silver Sneakers/ Cardio Circuit* Sheila	
9:15-10:15 AM		Yoga Amye		Yoga Deb	
10:05-10:50 AM	Pilates Joan		Pilates Joanne		Pilates Joan/Joanne
10:30-11:20 AM		Silver Sneakers/MSROM* Doug		Silver Sneakers/MSROM* Sheila	
12:00-12:50 PM					Group Cycling Ron
5:30-6:20 PM		Group Cycling Doug/Melissa/Amye		Group Cycling Doug/Melissa/Amye	
5:30-6:30 PM	Zumba* Susie	Kickboxing* Val	Step* Roxie	Kickboxing* Lindsay	
5:30-6:30PM	Yoga Leanne		Yoga Michele		
6:45-7:45PM		Zumba* Casey	Zumba* Jane	Zumba* Joanne	

*Class will be held in McBride Gym.

Classes subject to change and cancellation due to low enrollment.