

Farragut Family YMCA Group Exercise Schedule May 2008

Mondays

Memorial
Day May
26th - YMCA
open 8 am -
2pm
No Classes
No
Childwatch

6:00am Spin (pcspin)	Ellen
8:05am Total Body (ar)	Vickey B
8:30 am Pilates(pc)	Heather;5/12 Stephanie
9:00 am Step (ar)	Karen
9:00 am Spin (pcspin)	Vickey B.
9:30 am SilverSneakers® (pc)	Teresa
CardioCircuit	
9:45 am Total Body (ar)	Karen
10:30 am Yoga Lite (pc)	Angela
4:15 pm Kids Fitness Club (ac)	Marta
4:30 pm Total Body (ar)	Vicki K
5:30 pm Step/Abs (ar)	Vicki K
7:00 pm Yoga (pc)	Debbie; 5/12 Gail

Check out our Zumba classes 5 times a week – Free for YMCA members; \$6.00 for non-members or buy a 10 class punch card for just \$50!

Tuesdays

Zumba –
Dance your
way to a
Fitter you
with
exciting and
easy to
follow
Latin
rhythms!

8:05 am Arms and Abs(ar)	Becky; 5/27 Vickey B.
8:15 am Daybreak Yoga (ac)	Melissa
9:00 am Go Low (pc)	Becky; 5/27 Vickey B.
9:00am Power & Grace (ar)5/13&27	Karen
9:00am Rock & Rhythm(ar)5/6& 20	Karen
9:00 am Spin (pcspin)	Anita
10:00 am Muscle Chaos(ar) 5/13&27	Karen
10:00am Strength & Flex(ar)5/6&20	Karen
10:00 am SilverSneakers® (pc)	Teresa
MSROM	
11:00 am Yoga (pc)	Debbie; 5/13 Gail
5:30 pm Hi Definition(ar)	Anne W.
5:30 pm Spin (pcspin)	Sarah
6:15 pm Total Body (ar)	Alex
7:00 pm ZUMBA (ar)	Alex

Free for members/\$6 per class for non-members

Please remember to sign up for our Spin and Total Body classes 24 hours in advance by calling 777-9622 or stopping by our front desk.



Wednesdays

6:00 am Spin (pcspin)	Ashley
8:05 am Muscle Mania(ar)	Anne W.
8:30 am Pilates (pc)	Karen
9:00 am Cardio Club(ar)	Anne P
9:00 am Spin (pcspin)	Chris; 5/28 Vickey B.
9:30 am SilverSneakers® (pc)	Vicki K.
CardioCircuit	
9:45 am Total Body (ar)	Anne P.
10:30 am Yoga Lite (pc)	Angela
11:00am Zumba (ar)	Karen

Free for members/\$6 per class for non-members

5:00 pm Express Muscle Mania(ar)	Vickey B.
5:30 pm Step Mania(ar)	Vickey B.

*****new class

Did you know that we have an on-line monthly newsletter for our members? And that you can view our fitness schedule on-line? If you would like to receive it please leave your e-mail address at the courtesy counter or check us out on the web at www.ymcaknoxville.org



Thursdays	8:05am Guts and Glutes (ar)	Becky; 5/8 & 22 Stephanie; 5/ 29 Vickey B.
	8:15 am Daybreak Yoga (ac)	Melissa
***new class	9:00am Zumba (ar)	Karen
	Free for members/\$6 per class for non-members	
	9:00am Spin (pcspin)	Chris; 5/29 Vickey B.
	10:00 am On the Ball(ar)	Karen
	10:00 am SilverSneakers® (pc)	Teresa
	MSROM	
	11:00am Tai Chi (ar)	Bill and Linda
	11:00am Yoga (pc)	Debbie; 5/8 & 15 Gail
	5:00 pm Express Cardio(ar)	Anne W.
	5:30pm Express Strength (ar)	Anne W.
	5:30pm Beginning Yoga (pc)	Beth; 5/15 Melissa
	5:30pm Spin (pcspin)	Debra
new class	6:00pm Total Body (ar)	Amy
	7:00pm Zumba (ar)	Alex
	Free for members/\$6 per class for non-members	
Fridays	6:00am Spin (pcspin)	Mike
	8:05am High Definition(ar)	Anne P.
	8:30am Pilates (ac)	Gina; 5/23 Karen
	9:00am Spin (pcspin)	Anita; 5/30 Anne P.
	9:00am Step (ar)	Vickey B.
	9:30am SilverSneakers® (pc)	Becky; 5/9 & 30 Teresa
	Cardio Circuit	
	9:45am Total Body(ar)	Vickey B.
	10:30am Yoga-Lite(pc)	Beth; 5/16 Melissa
Saturdays	8:30am Weekend Warrior (ar)	5/3 Alex; 5/10 Karen; 5/17 Vickey B.;
	(90 minute class)	5/24 Alex; 5/31 Anne P.
	8:30am Pilates (ac)	Gina; 5/10 Suzanne; 5/24 Karen
	9:30am Spin (pcspin)	Anita; 5/17 Erin
	10:30am Yoga (pc)	Deb*
	*This class is a community yoga class...free to members, \$3.00 non-members	
Sundays	1:15 pm ZUMBA(ar)	Alex
	Free for members/\$6 per class for non-members	
	2:15pm Total Body(ar)	Alex

For your own safety – please refrain from using cell phones while on the fitness floor or attending group exercise classes.



Child Watch Hours:
M-F 8am-12pm
M-TR 4pm-8pm
Sat 8:30am-12pm

Kool Kids Hours:
M-TR 4pm-6:30pm
Sat 8:30am- 12pm

Meet the Challenge has
 Taken a short summer break;
 It will return to the schedule
 On July 7th.

Class Location Key

(ar) – aerobics room

(ac) – activity center

(pc) – program center

(pcspin) – spin room in the program center

(kconf) – conf room next to kitchen

Please note that on occasion a class may need to move to another area – we will do our best to let the front desk staff know of any location changes