



GROUP EXERCISE

Kingsport YMCA

August 2025

***Bolded classes represent something new/time change/instructor change**

MONDAY

5:15-6:00	GES	HIIT	Mary C.
5:15-6:00	CS	Cycle	Ryan O.
8:00-8:45	SMB	Slow Flow Yoga	Teri L.
8:45-9:30	CS	Cycle	Janet H.
8:45-9:30	GES	Step	Cindy B.
9:00-9:30	SMB	Tabata Express	Susan R.
9:45-10:30	OS	Outdoor HIIT the MAT	Ashley L.
9:45-10:30	GES	Silver&Fit Classic	Dawn M.
9:45-10:30	SMB	TRANSFORM	Susan R.
9:45-10:30	CS	Cycle	David O.
10:45-11:30	SMB	TONE	David O.
11:00-12:00	GES	Parkinson's-Rock Steady	Amanda H.
4:30-5:15	GES	Strength and Sculpt	Jackie S.
4:45-5:45	SMB	RIP	Amy M.
5:30-6:15	GES	Dance Fit	Jackie S.
5:30-6:15	CS	Cycle	Karie D.
6:30-7:15	GES	HIIT the MAT	Injoi B.
6:30-7:15	SMB	Buti Yoga	Karie D.

TUESDAY

5:15-5:45	SMB	Circuit Craze	Rachel H.
5:15-6:00	GES	RIP	Cindy B.
8:45-9:30	SMB	Dance Fit	Jessica M.
8:45-9:15	GES	Above the Belt	Ginny E.
9:30-10:00	CS	Power Cycle	Ginny E.
9:30-10:15	GES	Silver&Fit Cardio	Janet H.
9:30-10:15	FTA	HIIT the MAT Circuit	Ashley L.
10:00-11:00	SMB	Slow Flow Yoga	Teri L.
10:30-11:15	GES	Total Body	Susan R.
4:45-5:30	GES	Strength and Sculpt	Kristen S.
5:45-6:15	CS	Power Cycle	Kristen S.
5:45-6:30	GES	Step	Mary C.
5:45-6:30	SMB	HIIT The MAT-Aug 12, 26	Injoi B.
5:45-6:30	SMB	Pilates(Aug 5 & 19)	Mallory H.
6:45-7:30	GES	Hip Hop	Laiken C.
6:40-7:20	SMB	Upbeat Barre (Aug 5 & 19)	Mallory H.

WEDNESDAY

5:15-6:00	CS	Cycle	Ryan O.
8:00-8:45	SMB	Slow Flow Yoga	Teri L.
8:45-9:30	GES	Step	Cindy B.
8:45-9:30	CS	Cycle	Janet H.
9:30-10:00	SMB	Express Strength	Tara K.
9:45-10:45	GES	Hip Hop	Kristen S.
10:15-10:45	SMB	Core And More	Tara K.
10:15-11:00	CS	Cycle	Nani H.
11:00-11:45	SMB	Foundations of Flexibility LB	Andrew N.
11:00-11:45	GES	Rhythm Beats	Dawn M.
11:15-12:00	CS	Parkinson's Cycle	David O.
4:30-5:15	CS	Cycle	Cathy G.
5:00-5:30	SMB	Foudations of Flexibility UB	Andrew N.
5:15-6:15	GES	Hip Hop HIIT	Laiken C.
5:45-6:15	CS	Cycle Groove	Jackie S.
6:30-7:15	GES	HIIT	Jackie S.
6:30-7:30	SMB	Yoga	M. Susan

THURSDAY

5:15-5:45	GES	Accelerate Fit	Rachel H.
8:45-9:30	GES	Circuit Craze	Cindy B.
8:45-9:30	SMB	Chair Yoga	Teri L.
9:00-9:30	CS	Power Cycle	Injoi B.
9:45-10:30	SMB	HIIT the MAT	Ashley L.
9:45-10:30	GES	RIP	Cindy B.
10:45-11:30	GES	Beginner Line Dancing	Lyna/Rodger M.
10:45-11:45	SMB	Tai Chi	Ying G.
11:45-12:30	GES	Intermediate Line Dancing	Lyna/Rodger M.
5:00-5:45	GES	Strength and Sculpt	Jennifer F.
6:00-7:00	GES	Groove Worx	Melissa G.
6:30-7:15	SMB	Power Yoga	Karen K.

FRIDAY

5:15-6:00	CS	Cycle	Cindy B.
5:15-5:45	GES	Express Strength	Mary C.
5:45-6:30	SMB	Sunrise Yoga	Jane D.
8:00-8:45	SMB	Gentle Flow Yoga	Teri L.
8:45-9:30	GES	Pop HIIT	Dawn M.
8:45-9:30	CS	Cycle (8/1,8,15,22)	Kristen S.
8:45-9:30	CS	Cycle (8/29)	Injoi B.
9:00-9:30	SMB	Express Strength	Ashley L.
9:45-10:30	SMB	HIIT the MAT	Injoi B.
9:45-10:15	CS	Power Cycle	Ashley L.
9:45-10:30	GES	Balance and Core Lite	Dawn M.
11:00-12:00	GES	Parkinson's-Rock Steady	Amanda H.

SATURDAY

8:40-9:25	SMB	Pilates-Aug 16 & 30	Mallory H.
8:45-9:30	CS	Cycle	Nani H.
8:45-9:45	GES	Pop HIIT	Rachel H./Mary C.
9:35-10:15	SMB	Upbeat Barre-Aug 16 & 30	Mallory H.
10:00-10:45	GES	Hip Hop	Kristen S./Laiken C.
10:30-11:30	SMB	Yoga	M. Susan
11:00-11:45	GES	Beginner Line Dancing	Lyna/Rodger M.
12:00-12:45	GES	Intermediate Line Dancing	Lyna Rodger M.

SUNDAY

2:00-3:00	SMB	Gentle Flow Yoga	M. Susan/Kay M.
3:05-3:50	SMB	Yoga NIDRA	M.Susan/Kay M.

SUNDAY SPECIALS

1:30-2:30	GES	Sunday Sweat Circuit-Aug3	Amy M.
1:30-2:30	GES	BOSU Balance&Burn-Aug 10	Amy M.
1:30-2:30	GES	Pilates-Aug 24	Amy M.
1:30-2:30	GES	STEP Strength&Stretch-Aug 31	Amy M.
3:15-3:45	SMB	Deep Stretch&Restore-8/17	Sonya P.
2:00-2:45	CS	Suday Cycle-Aug 3	Cathy G.

POP UP CLASSES

Yoga NIDRA August 3rd, 3:05-3:50 M. Susan SMB

Pop-up HIGH/LOW-Aug 26, 11:30-12:15

CS: Cycle Studio

GES: Group Exercise Studio
SMB: Spirit, Mind & Body Studio

FTA: Functional Training Area
OS: Outdoor Space

Comments/Questions: ksmith@ymcakpt.org

Members 11+ may attend Group Ex classes. 11 and 12 year olds must be accompanied by an parent/guardian at all times while in class.

Accelerate Fit– a quick 30 minute workout that involves weights, cardio, and body weighted exercises. You will do the same exercises each week and be able to see your progress by the end of the month.

Above the Belt- this class is a quick 30 mins that focuses on arms, back, and abs.

Barre- Includes components of Pilates, Yoga and Ballet. You'll work your core & tone the entire body from head to toe! (No dance experience required.)

Beginner Line Dancing– Learn basic moves of fun dancing before diving into line dancing. This class is great for beginners.

BOSU Balance & Burn–Challenge your core, coordination and cardio in this dynamic, full-body workout using the BOSU ball! This class combines balance training with strength and heart pumping exercises.

Buti Yoga- combines primal movement, cardio dance and conditioning throughout balanced yoga sequencing to give you an all in one workout. Buti Yoga is music driven to help you get out of your head and celebrate movement in your body. Workout Level for intermediate to advance.

Chair Yoga- A gentle form of yoga done while sitting or standing with the support of the chair. Chair yoga poses are especially good for seniors and those who sit for long periods.

Circuit Craze- If you are short on time and can't decide between of cardio and resistance training, this class keeps you constantly moving and wondering what will happen next. Lower impact options will be shown. cardio and strength training, why not do both? By combining stations

Core & MORE- Join us for a class dedicated to your core! Strengthen and tone those abs in this killer workout, strictly devoted to the midsection!

Cycle- A 45 min. high energy class using stationary bikes and motivating music that gives you an efficient and challenging cardiovascular workout.

Dance Fit- Have fun and get a great cardio workout. Dance to all types of music from Pop, Hip Hop, and Latin. Come join us for this great cardio workout. No dance experience needed, great for all fitness levels.

Foundations of Flexibility: Upper Body-Improve posture, relieve tension, and restore mobility in your chest, shoulders, neck, and upper back. This class focuses on gentle stretching and techniques designed to unlock tightness and build lasting upper body flexibility. Great for anyone looking to counteract the effects of daily stress, screen time, or upper body workouts.

Foundations of Flexibility: Lower Body– Enhance your mobility and prevent injury with targeted stretches and mobility work for the hips, hamstrings, glutes, quads, and calves. This class helps improve range of motion, support joint health, and reduce muscle tightness in the lower body—perfect for active individuals or anyone seeking better movement and recovery.

Gentle Flow Yoga- Much like Power Flow, but suited for even the most beginner Yoga participant.

Groove Cycle- Enjoy the upbeat tempo of the latest musical sounds while experiencing cycle fundamentals.

Groove Worx– is all about feeling the music, letting loose, and having fun while breaking a sweat. Get ready to move, groove, and work because this is more than just a workout a dance party!

H.I.I.T- High Intensity Interval Training -A total body workout, with instructors switching up the class format constantly. Expect a lot of great changes to keep the body guessing what is coming next! Combines Strength, Cardio, and Core.

HIIT the MAT– A full-body workout achieved with Pilates-inspired movements. The class will utilize light weights, resistance bands, gliders and rings. The first 30 minutes of class will be cardio-focused standing movements. The last 15 mins will be core work of the mat. All levels are welcome. **if members are unable to do the last 15 minutes on the floor/mat, they are free to leave after the 30 minutes standing routine.

HIIT the MAT Circuit- This class is HIIT the Mat with a twist: Make your way through three rounds of eight stations of low-impact, high intensity movements inspired by barre and pilates methods. You can expect to use equipment like barres, Therabands, TRX, gliders, Bosu trainers, resistance loops, and more. Each round will end with a group movement that focuses on core strength.

Hip Hop- This cardio dance class will focus strictly on the combinations of crazy cardio moves and hip hop routines! New and current music, along with some old favorites!

Hip Hop HIIT– Get ready to sweat, groove and build strength! Hip hop HIIT combines high energy dance moves with strength exercises using weights! All fitness levels welcome-Just bring your energy and attitude!

Intermediate Line Dancing- Line dancing is an easy way to have fun while you exercise your body and your mind. This class will focus on more than just learning dances - it incorporates variations, choreography, plus much more.

Parkinson's Cycle- This cycle class is specifically tailored for people with Parkinson's disease. This class has been medically proven to help reduce symptoms over time, and is for all levels of Parkinson's patients. Please

contact Amanda Hensley to receive more information.

Pilates- Mat-based Pilates class focuses on strength, stability, posture, proper breath control, and flexibility. Each class will work to balance all muscle groups' strength and flexibility, with an emphasis on challenging the core muscles with each movement. Classes will be taught using slow, controlled movements. ****Class is based on floor.**

Pop HIIT- Combining choreographed aerobic/strength moves with awesome music will have you forgetting you are even working out! High Intensity Interval Training meets **QUAKE/Hip Hop!**

Power Yoga– An intermediate to advanced level yoga that pushes your strength, balance and flexibility to new levels.

Raise the Bar(bell)- Build strength and hit all of your major muscle groups in this 30-minute barbell fitness class. Each song will target a specific muscle group. The lifting routine will change each month to allow members to build strength and track progress over a 4-5 week span.

Rhythm Beats- is a cardio-based drumming program that combines physical activity with cognitive engagement. It's a fun, interactive way to exercise that's suitable for people of all ages.

RIP- This pre-choreographed weighted bar routine will accomplish muscle fatigue with tons of muscle repetition to build strength and endurance. Participants will use a step, dumbbells, and a bar with a variety of weighted plates. Similar to **BODYPUMP**.

Rock Steady for Parkinson's– Rock Steady is a no contact boxing program designed for participants with Parkinson's. Class is an hour long– workouts consist of weights, balance, posture, cardio, boxing, and lot of FUN. **Drs waiver and assessment is required before participants can start. Please contact Amanda Hensley to receive more information.**

Silver&Fit Cardio, Classic, Balance and Core Lite: These classes help to improve overall strength, flexibility and balance, resulting in your ability to stay healthy and maintain your independence. These classes are perfect for those starting their Group Ex, who want to learn the moves, and to get a jumpstart to other classes!

Slow Flow Yoga– is a little on the gentle side building up to some power moves but moving in a slow pace thru out.

Step- aerobics is a form of aerobic power distinguished from other types of aerobic exercise by its use of an elevated platform (the step).

Strength & Sculpt- This weight-based class will feature exercises/ formats that incorporate toning and abs. Little or no cardio, so you can focus on the weights!

Sunday Step & Stretch: This class is the perfect blend of energy and ease to start your week strong. It begins with fun, low-impact step choreography to boost your heartrate and mood, followed by a calming stretch session to restore flexibility & reduce tension. It's a balanced workout that leaves you feeling refreshed. Step into movement & stretch into peace!

Sunday Sweat Circuit: Kick off your week with this high-energy, full-body workout that blends strength, ardio, and endurance in a circuit style format. Move through timed stations that challenge every major muscle group, boost your metabolism, and leave you feeling strong, sweaty, and accomplished. All fitness levels welcome!

Tabata– this class is great for those individuals that are looking for a quick workout that burns calories while building muscle. Interval training class using the 20/10 Tabata training protocol!

Tai Chi - is a Chinese martial art that involves slow, gentle movements, posture, breathing, and meditation. Great for balance!

TONE- This class will help with those pesky “trouble zones,” tightening and toning the entire body, for a great workout! Swiss ball, bands, weights...anything goes!

Total Body- You'll target all your muscles, including the hips, glutes, thighs, chest, back, shoulders, and arms. A great way to build strength with variety for exercises. Great class for all levels

TRANSFORM: This class is a dynamic fusion of yoga, athletic conditioning, balance, and strength. It will combine lengthening poses, mobility flows, balance, plyometric hops and more to help you move with power and grace.

Upbeat Barre- combines strength training, Pilates, cardio and yoga. Upbeat Barre takes ballet-inspired moves and choreographs them to fun and upbeat music. It's a whole body workout that takes place standing, kneeling and lying down for mat work.

Yoga- Learn and master movements that serve to increase blood flow, balance, flexibility, strength, relaxation and mind-body connection.

Yoga NIDRA- is a meditative, yogic “sleep”. It is a great way to restore and experience potent healing qualities for your mind, body and spirit. This practice not only offers deep rest and relaxation, it helps the mind and body relax and restore which helps to balance your nervous system. This is also a great way to recharge yourself during the day. Participants can bring a small neck pillow, yoga blanket or towel. **Offered the first Sunday of every month.**

**** Express or Power** classes are all 30 min classes. Shortened versions of the 45 min classes but guaranteed to give you the same burn.