



Bob Temple North Side YMCA

June 22nd - June 28th

7609 Maynardville Pike

Knoxville, TN 37938

(865) 922-9622

	TUE 22	WED 23	THU 24	FRI 25	SAT 26	SUN 27	MON 28
5am	Open Gym Gym 5:30am - 8:45pm	Open Gym Gym 5:30am - 11:45am	Open Gym Gym 5:30am - 7:15pm	Open Gym Gym 5:30am - 11:15am			Open Gym Gym 5:30am - 11:15am
6am	Lap Swim 1 Lane Pool 6:30am - 8:30pm	Lap Swim 1 Lane Pool 6:30am - 8:30pm	Lap Swim 1 Lane Pool 6:30am - 8:30pm	Lap Swim 1 Lane Pool 6:30am - 8:30pm			Lap Swim 1 Lane Pool 6:30am - 8:30pm
8am	Yoga Group Exercise Schedule YMCA Instructor 8:15am - 9am	Child Watch Child Watch 8:30am - 12pm	Child Watch Child Watch 8:30am - 12pm	Child Watch Child Watch 8:30am - 12pm	Lap Swim 1 Lane Pool 8am - 12pm		Core Max Group Exercise Schedule Lori Mason 8:30am - 9am
	Child Watch Child Watch 8:30am - 12pm	Spin Group Exercise Schedule Rachel Sharpe 8:30am - 9:15am	Core Max Group Exercise Schedule Lori Mason 8:30am - 9am		Open Gym Gym 8am - 6pm		Child Watch Child Watch 8:30am - 12pm
	Pedaling for Parkinson's Group Exercise Schedule Jessica Johnston 8:30am - 10am				Child Watch Child Watch 8:30am - 12pm		
9am	STRONG by Zumba™ Group Exercise Schedule Deena Peterson 9am - 10am	Zumba Group Exercise Schedule Deena Peterson 9am - 9:45am	Defend Together Group Exercise Schedule Lori Mason 9am - 9:45am	Muscle Mania Group Exercise Schedule Rhonda Vineyard 9am - 9:45am	Spin Group Exercise Schedule Jessica Johnston 9am - 10am		Defend Together Group Exercise Schedule Lori Mason 9am - 9:45am
		Ultimate Fit Group Exercise Schedule Teresa Johnson 9am - 10am	Pedaling for Parkinson's Group Exercise Schedule Deena Peterson 9:30am - 10:15am		Ultimate Fit Group Exercise Schedule YMCA Instructor 9am - 10am		Ultimate Fit Group Exercise Schedule Teresa Johnson 9am - 9:45am
					Zumba Group Exercise Schedule Katie Lutton 9am - 9:45am		
10am	Fit 4 Life Group Exercise Schedule Jessica Johnston 10:15am - 11am	Zumba® Step Group Exercise Schedule Katina Angola 10am - 10:45am	Water Aerobics Class Pool Rebecca Holt 10am - 10:45am	Water Aerobics Class Pool Jane Noah 10am - 11am	Water Aerobics Class Pool Jessica Johnston 10:15am - 11:15am		Pilates Group Exercise Schedule Deena Peterson 10am - 10:45am
		Water Aerobics Class Pool Lori Mason 10am - 11am	Yoga Group Exercise Schedule AnneMarie Strickland 10am - 10:45am	Zumba Group Exercise Schedule Katina Angola 10am - 10:45am			Water Aerobics Class Pool Lori Mason 10am - 11am
			Fit 4 Life Group Exercise Schedule Lori Mason 10:15am - 11am	Fit 4 Life Group Exercise Schedule Jessica Johnston 10:15am - 11am			Fit 4 Life Group Exercise Schedule Jessica Johnston 10:15am - 11am

Please note that all classes are subject to change due to demand and participation. For your safety, it is recommended you consult your physician prior to starting any exercise program.



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	TUE 22	WED 23	THU 24	FRI 25	SAT 26	SUN 27	MON 28
11am	Open Swim Pool 11am - 6:30pm	Open Swim Pool 11am - 8:30pm	Open Swim Pool 11am - 6:30pm	Open Swim Pool 11am - 8:30pm			Open Swim Pool 11am - 6:30pm
		Gym Closed Gym 11:45am - 1:15pm		Gym Closed Gym 11:15am - 12:30pm			Gym Closed Gym 11:15am - 12:30pm
12pm				Open Gym Gym 12:30pm - 5:30pm	Lap Swim 2 Lanes Pool 12pm - 5:30pm		Open Gym Gym 12:30pm - 8:45pm
					Open Swim Pool 12pm - 5:30pm		
1pm		Open Gym Gym 1:15pm - 8:45pm				Lap Swim 2 Lanes Pool 1pm - 5:30pm	
						Open Gym Gym 1pm - 6pm	
						Open Swim Pool 1pm - 5:30pm	
4pm	Child Watch Child Watch 4:30pm - 8pm	Ultimate Teen Fit Group Exercise Schedule Carolyn Lowery 4pm - 4:45pm					Child Watch Child Watch 4:30pm - 8pm
5pm		Child Watch Child Watch 5:30pm - 8pm	Child Watch Child Watch 5:30pm - 8pm				
6pm	Garage Closed The Garage 6pm - 7pm	Garage Closed The Garage 6pm - 7pm	Cardio Kickboxing Group Exercise Schedule Angela Bailey 6pm - 7pm				Ultimate Fit Group Exercise Schedule YMCA Instructor 6pm - 7pm
	Ultimate Fit Group Exercise Schedule YMCA Instructor 6pm - 7pm	Ultimate Fit Group Exercise Schedule YMCA Instructor 6pm - 7pm	Garage Closed The Garage 6pm - 7pm				Garage Closed The Garage 6pm - 7pm
	Youth Fitness Group Exercise Schedule YMCA Instructor 6pm - 6:30pm		Ultimate Fit Group Exercise Schedule YMCA Instructor 6pm - 7pm				Spin Group Exercise Schedule Ken Everett 6:30pm - 7:15pm
	HIIT Group Exercise Schedule Angela Bailey 6pm - 7pm		Youth Fitness Group Exercise Schedule YMCA Instructor 6pm - 6:30pm				

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	TUE 22	WED 23	THU 24	FRI 25	SAT 26	SUN 27	MON 28
	Yoga Group Exercise Schedule AnneMarie Strickland 6:30pm - 7:15pm						
7pm			Gym Closed Gym 7:15pm - 8:30pm				

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