



# Cansler Family YMCA

April 28th - May 4th

616 Jessamine Street  
Knoxville, TN 37917  
(865) 637-9622

	SUN 28	MON 29	TUE 30	WED 1	THU 2	FRI 3	SAT 4
5am		<b>Lap Swim 3 Lanes</b> Pool 5:30am - 9am	<b>Lap Swim 3 Lanes</b> Pool 5:30am - 8:45am	<b>Open Gym</b> Gym 5:30am - 10am	<b>Lap Swim 3 Lanes</b> Pool 5:30am - 8:45am	<b>Lap Swim 3 Lanes</b> Pool 5:30am - 10am	
		<b>Open Gym</b> Gym 5:30am - 9am	<b>Open Gym</b> Gym 5:30am - 9:50am	<b>Lap Swim 3 Lanes</b> Pool 5:30am - 8:45am	<b>Open Gym</b> Gym 5:30am - 10am	<b>Open Gym</b> Gym 5:30am - 9am	
						<b>Open Gym</b> Gym 5:30am - 9am	
8am			<b>Lap Swim 2 Lanes</b> Pool 8:45am - 10am	<b>Lap Swim 2 Lanes</b> Pool 8:45am - 10am	<b>Lap Swim 2 Lanes</b> Pool 8:45am - 10am		<b>Lap Swim 3 Lanes</b> Pool 8am - 8:30am
							<b>Open Gym</b> Gym 8am - 6pm
							<b>Lap Swim 2 Lanes</b> Pool 8:30am - 9am
							<b>Swim Lessons 1 Lane</b> Pool 8:30am - 9am
9am		<b>Child Watch</b> Child Watch 9am - 12pm	<b>Child Watch</b> Child Watch 9am - 12pm	<b>Total Body</b> Group Exercise Schedule Chris Canges 9am - 9:45am	<b>Child Watch</b> Child Watch 9am - 12pm	<b>Child Watch</b> Child Watch 9am - 12pm	<b>Child Watch</b> Child Watch 9am - 12pm
		<b>Lap Swim 2 Lanes</b> Pool 9am - 10am	<b>Hydrorider</b> Pool YMCA Instructor 9am - 10am	<b>Child Watch</b> Child Watch 9am - 12pm	<b>Hydrorider</b> Pool YMCA Instructor 9am - 10am	<b>Basketball Gym</b> <b>Closed</b> Gym 9am - 12pm	<b>Lap Swim 1 Lane</b> Pool 9am - 11am
		<b>Pickleball</b> Gym 9am - 12pm	<b>Pilates</b> Group Exercise Schedule Vickey Beard 9am - 10am	<b>Hydrorider</b> Pool YMCA Instructor 9am - 10am	<b>Pilates</b> Group Exercise Schedule Paige Kirby 9am - 10am	<b>Pickleball</b> Gym 9am - 12pm	<b>Swim Lessons 2 Lanes</b> Pool 9am - 11am
		<b>Swim Lessons 1 Lane</b> Pool 9am - 10am				<b>Total Definition</b> Group Exercise Schedule Chris Canges 9am - 10am	<b>HIIT</b> Group Exercise Schedule YMCA Instructor 9:15am - 10am
		<b>Tabata</b> Group Exercise Schedule Chris Canges 9am - 9:45am					
		<b>Basketball Gym</b> <b>Closed</b> Gym 9am - 12pm					

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10am

11am

SUN 28	MON 29	TUE 30	WED 1	THU 2	FRI 3	SAT 4
	<b>Core and Stretch</b> Group Exercise Schedule Michelle Borja 10am - 10:45am	<b>Homeschool PE</b> Gym YMCA Instructor 10am - 11am	<b>Pickleball</b> Gym 10am - 12pm	<b>Basketball Gym Closed</b> Gym 10am - 11am	<b>Water Aerobics</b> Pool 10:05am - 11am	<b>Yoga</b> Group Exercise Schedule Angela Konopasek 10am - 11am
	<b>Water Aerobics</b> Pool 10:05am - 11am	<b>Spin</b> Group Exercise Schedule Lindsey Barber 10am - 10:45am	<b>Core and Stretch</b> Group Exercise Schedule Michelle Borja 10am - 10:45am	<b>Homeschool PE</b> Gym YMCA Instructor 10am - 11am		<b>Zumba</b> Group Exercise Schedule Jackie Daugherty 10:15am - 11:15am
		<b>Tumble Bugs</b> Group Exercise Schedule Rose Attea 10am - 10:45am	<b>Water Aerobics</b> Pool 10:05am - 11am	<b>Leaping Lizards Ballet</b> Group Exercise Schedule Rose Attea 10am - 10:45am		
		<b>Yoga</b> Group Exercise Schedule Angela Konopasek 10am - 10:45am		<b>Spin</b> Group Exercise Schedule Lindsey Barber 10am - 10:45am		
		<b>Basketball Gym Closed</b> Gym 10am - 11am		<b>Yoga</b> Group Exercise Schedule Angela Konopasek 10am - 10:45am		
		<b>Water Aerobics</b> Pool 10:05am - 11am		<b>Water Aerobics</b> Pool 10:05am - 11am		
	<b>Kick Start Fitness</b> Group Exercise Schedule Michelle Borja 11am - 11:45am	<b>Lap Swim 3 Lanes</b> Pool 11am - 4pm	<b>Swim Lessons 1 Lane</b> Pool 11am - 12:30pm	<b>Lap Swim 3 Lanes</b> Pool 11am - 4pm	<b>Open Swim</b> Pool 11am - 7pm	<b>Lap Swim 3 Lanes</b> Pool 11am - 5pm
	<b>Open Swim</b> Pool 11am - 6pm	<b>Open Gym</b> Gym 11am - 8:50pm	<b>Kick Start Fitness</b> Group Exercise Schedule Michelle Borja 11am - 11:45pm	<b>Open Gym</b> Gym 11am - 8:50pm	<b>Kick Start Fitness</b> Group Exercise Schedule Kim Goetze 11am - 11:45am	<b>Open Swim</b> Pool 11am - 5pm
	<b>Lap Swim 3 Lanes</b> Pool 11am - 4pm	<b>Open Swim</b> Pool 11am - 8pm	<b>Lap Swim 2 Lanes</b> Pool 11am - 12:30pm	<b>Open Swim</b> Pool 11am - 8pm	<b>Lap Swim 3 Lanes</b> Pool 11am - 7pm	
		<b>Chair Yoga</b> Group Exercise Schedule Angela Konopasek 11:20am - 12pm	<b>Open Swim</b> Pool 11am - 8pm	<b>Tumble Bugs</b> Group Exercise Schedule Rose Attea 11am - 11:45am		
				<b>Chair Yoga</b> Group Exercise Schedule Angela Konopasek 11:20am - 12pm		

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12pm	<b>Lap Swim 3 Lanes</b> Pool 12pm - 4pm	<b>BODYPUMP Express</b> Group Exercise Schedule Michelle Borja 12pm - 12:30pm		<b>BODYPUMP Express</b> Group Exercise Schedule Michelle Borja 12pm - 12:45pm		<b>Open Gym</b> Gym 12pm - 8:45pm	<b>BODYPUMP</b> Group Exercise Schedule YMCA Instructor 12pm - 1pm
	<b>Open Gym</b> Gym 12pm - 5pm	<b>Open Gym</b> Gym 12pm - 5:20pm		<b>Open Gym</b> Gym 12pm - 5:45pm			
	<b>Open Swim</b> Pool 12pm - 4pm			<b>Lap Swim 3 Lanes</b> Pool 12:30pm - 4pm			
4pm		<b>Lap Swim 1 Lane</b> Pool 4pm - 6pm	<b>Lap Swim 1 Lane</b> Pool 4pm - 6pm	<b>Lap Swim 2 Lanes</b> Pool 4pm - 5pm	<b>Lap Swim 1 Lane</b> Pool 4pm - 6pm		
		<b>Swim Lessons 2 Lanes</b> Pool 4pm - 6pm	<b>Swim Lessons 2 Lanes</b> Pool 4pm - 6pm	<b>Swim Lessons 1 Lane</b> Pool 4pm - 6pm	<b>Swim Lessons 2 Lanes</b> Pool 4pm - 6pm		
5pm		<b>Child Watch</b> Child Watch 5pm - 8pm	<b>Child Watch</b> Child Watch 5pm - 8pm	<b>Spring Swim Clinic 2 Lanes</b> Pool 5pm - 7pm	<b>Child Watch</b> Child Watch 5pm - 8pm		
		<b>Basketball Gym Closed</b> Gym 5:20pm - 7:25pm		<b>Child Watch</b> Child Watch 5pm - 8pm	<b>BODYPUMP</b> Group Exercise Schedule Paige Kirby 5pm - 6pm		
		<b>Spin</b> Group Exercise Schedule Stephanie Welch 5:30pm - 6:15pm		<b>Yoga</b> Group Exercise Schedule Hanna Harb 5:30pm - 6:15pm	<b>Spin</b> Group Exercise Schedule YMCA Instructor 5:30pm - 6:15pm		
		<b>Dance Fitness</b> Group Exercise Schedule Anna Seiple 5:30pm - 6:15pm		<b>Basketball Gym Closed</b> Gym 5:45pm - 7pm			
6pm		<b>BODYPUMP</b> Group Exercise Schedule Paige Kirby 6pm - 7pm	<b>Lap Swim 3 Lanes</b> Pool 6pm - 8pm	<b>Ultimate Fit</b> Group Exercise Schedule Stephanie Welch 6pm - 7pm	<b>Adult Swim Club</b> Pool 6:05pm - 7pm		
		<b>Water Aerobics Class</b> Pool YMCA Instructor 6pm - 6:45pm	<b>Yoga</b> Group Exercise Schedule Becky Soto 6pm - 7pm	<b>Ultimate Fit</b> Gym Stephanie Welch 6pm - 7pm	<b>Zumba</b> Group Exercise Schedule Jackie Daugherty 6:15pm - 7:15pm		
		<b>Youth Fitness</b> Group Exercise Schedule YMCA Instructor 6:20pm - 7:10pm	<b>Zumba</b> Group Exercise Schedule Jackie Daugherty 6:15pm - 7:15pm	<b>Pilates</b> Group Exercise Schedule YMCA Instructor 6:30pm - 7:15pm			

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7pm

SUN 28	MON 29	TUE 30	WED 1	THU 2	FRI 3	SAT 4
	<b>Lap Swim 3 Lanes</b> Pool 7pm - 8pm		<b>Lap Swim 3 Lanes</b> Pool 7pm - 8pm	<b>Lap Swim 3 Lanes</b> Pool 7pm - 8pm	<b>Hydrorider</b> Pool YMCA Instructor 7pm - 8pm	
	<b>Open Swim</b> Pool 7pm - 8pm		<b>Open Gym</b> Gym 7pm - 8:50pm	<b>Open Swim</b> Pool 7pm - 8pm	<b>Lap Swim 2 Lanes</b> Pool 7pm - 8pm	
	<b>Open Gym</b> Gym 7:25pm - 8:50pm					

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