



Cansler Family YMCA  
August 11th - August 17th

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

	SUN 11	MON 12	TUE 13	WED 14	THU 15	FRI 16	SAT 17
5am		Lap Swim 3 Lanes Pool 5:30am - 10am	Lap Swim 3 Lanes Pool 5:30am - 8:45am	Lap Swim 3 Lanes Pool 5:30am - 8:45am	Lap Swim 3 Lanes Pool 5:30am - 8:45am	Lap Swim 3 Lanes Pool 5:30am - 10am	
		Open Gym Gym 5:30am - 9am	Open Gym Gym 5:30am - 9:50am	Open Gym Gym 5:30am - 9:50am	Open Gym Gym 5:30am - 9:50am	Open Gym Gym 5:30am - 9am	
8am			Lap Swim 2 Lanes Pool 8:45am - 10am	Lap Swim 2 Lanes Pool 8:45am - 10am	Lap Swim 2 Lanes Pool 8:45am - 10am		Open Gym Gym 8am - 6pm
							Swim Meet - POOL CLOSED Pool 8am - 10am
9am		Basketball Gym Closed Gym 9am - 12pm	Child Watch Child Watch 9am - 12pm	Total Body Group Exercise Schedule Chris Canges 9am - 9:45am	Child Watch Child Watch 9am - 12pm	Basketball Gym Closed Gym 9am - 12pm	Child Watch Child Watch 9am - 12pm
		Pickleball Gym 9am - 12pm	Hydrorider Pool YMCA Instructor 9am - 10am	Child Watch Child Watch 9am - 12pm	Hydrorider Pool YMCA Instructor 9am - 10am	Child Watch Child Watch 9am - 12pm	HIIT Group Exercise Schedule YMCA Instructor 9:15am - 10am
		Tabata Group Exercise Schedule Chris Canges 9am - 9:45am	Pilates Group Exercise Schedule Vickey Beard 9am - 10am	Hydrorider Pool YMCA Instructor 9am - 10am	Pilates Group Exercise Schedule Paige Kirby 9am - 10am	Pickleball Gym 9am - 12pm	
		Child Watch Child Watch 9am - 12pm				Total Definition Group Exercise Schedule Chris Canges 9am - 10am	
10am		Core and Stretch Group Exercise Schedule Michelle Borja 10am - 10:45am	Basketball Gym Closed Gym 10am - 11am	Core and Stretch Group Exercise Schedule Michelle Borja 10am - 10:45am	Basketball Gym Closed Gym 10am - 11am	Barre Group Exercise Schedule Denise Njuguna 10am - 10:50am	Yoga Group Exercise Schedule Angela Konopasek 10am - 11am
		Water Aerobics Pool 10:05am - 11am	Homeschool PE Gym YMCA Instructor 10am - 11am	Pickleball Gym 10am - 12pm	Homeschool PE Gym YMCA Instructor 10am - 11am	Water Aerobics Pool 10:05am - 11am	Lap Swim 3 Lanes Pool 10am - 5pm
			Spin Group Exercise Schedule Lindsey Barber 10am - 10:45am	Water Aerobics Pool 10:05am - 11am	Leaping Lizards Ballet Group Exercise Schedule Rose Attea 10am - 10:45am		Zumba Group Exercise Schedule Jackie Daugherty 10:15am - 11:15am
			Tumble Bugs Group Exercise Schedule Rose Attea 10am - 10:45am		Spin Group Exercise Schedule Lindsey Barber 10am - 10:45am		

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			<b>Yoga</b> Group Exercise Schedule Angela Konopasek 10am - 10:45am		<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>11am</b>		<b>Kick Start Fitness</b> Group Exercise Schedule Denise Njuguna 11am - 11:45am	<b>Lap Swim 3 Lanes</b> Pool 11am - 8pm	<b>Open Swim</b> Pool 11am - 8pm	<b>Lap Swim 3 Lanes</b> Pool 11am - 6pm	<b>Open Swim</b> Pool 11am - 8pm	<b>Open Swim</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 Denise Njuguna 11am - 11:45pm	<b>Les Mills CORE</b> Group Exercise Schedule Michelle Borja 11am - 11:45am	<b>Lap Swim 3 Lanes</b> Pool 11am - 7pm	
		<b>Lap Swim 3 Lanes</b> Pool 11am - 6pm	<b>Open Swim</b> Pool 11am - 8pm	<b>Lap Swim 3 Lanes</b> Pool 11am - 8pm	<b>Open Gym</b> Gym 11am - 8:50pm	<b>Kick Start Fitness</b> Group Exercise Schedule Denise Njuguna 11am - 11:45am	
			<b>Chair Yoga</b> Group Exercise Schedule Angela Konopasek 11:20am - 12pm		<b>Open Swim</b> Pool 11am - 8pm		
					<b>Chair Yoga</b> Group Exercise Schedule Angela Konopasek 11:20am - 12pm		
<b>12pm</b>	<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>Small Group Personal Training- MUST REGISTER</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 Swim</b> Pool 12pm - 4pm	<b>Open Gym</b> Gym 12pm - 5:20pm		<b>Open Gym</b> Gym 12pm - 5:45pm			
	<b>Open Gym</b> Gym 12pm - 5pm	<b>Les Mills CORE</b> Group Exercise Schedule Michelle Borja 12:45pm - 1:15pm					
<b>5pm</b>		<b>Child Watch</b> Child Watch 5pm - 8pm	<b>Child Watch</b> Child Watch 5pm - 8pm	<b>Child Watch</b> Child Watch 5pm - 8pm	<b>Les Mills CORE</b> Group Exercise Schedule Paige Kirby 5pm - 5:45pm		

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	SUN 11	MON 12	TUE 13	WED 14	THU 15	FRI 16	SAT 17
		<b>Basketball Gym Closed</b> Gym 5:20pm - 7:25pm		<b>Yoga</b> Group Exercise Schedule Hanna Harb 5:30pm - 6:15pm	<b>Child Watch</b> Child Watch 5pm - 8pm		
		<b>Spin</b> Group Exercise Schedule Stephanie Welch 5:30pm - 6:15pm		<b>Basketball Gym Closed</b> Gym 5:45pm - 7pm	<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					
6pm		<b>BODYPUMP</b> Group Exercise Schedule Paige Kirby 6pm - 7pm	<b>Yoga</b> Group Exercise Schedule Becky Soto 6pm - 7pm	<b>Ultimate Fit</b> Gym Stephanie Welch 6pm - 7pm	<b>Adult Swim Club</b> Pool 6pm - 7pm		
		<b>Water Aerobics Class</b> Pool YMCA Instructor 6pm - 6:45pm	<b>Zumba</b> Group Exercise Schedule Jackie Daugherty 6:15pm - 7:15pm	<b>Ultimate Fit</b> Group Exercise Schedule 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>Pilates</b> Group Exercise Schedule YMCA Instructor 6:30pm - 7:15pm			
7pm		<b>Lap Swim 3 Lanes</b> Pool 7pm - 8pm		<b>Open Gym</b> Gym 7pm - 8:50pm	<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>Lap Swim 3 Lanes</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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