



Cansler Family YMCA
November 30th - December 6th

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

	THU 30	FRI 1	SAT 2	SUN 3	MON 4	TUE 5	WED 6
5am	Lap Swim 3 Lanes Pool 5:30am - 8:45am	Lap Swim 3 Lanes Pool 5:30am - 10am			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
	Open Gym Gym 5:30am - 10am				Open Gym Gym 5:30am - 10am	Open Gym Gym 5:30am - 9:50am	Open Gym Gym 5:30am - 10am
8am	Lap Swim 2 Lanes Pool 8:45am - 10am		Open Gym Gym 8am - 9:45am			Lap Swim 2 Lanes Pool 8:45am - 10am	Lap Swim 2 Lanes Pool 8:45am - 10am
			Lap Swim 2 Lanes Pool 8am - 9am				
			Swim Lessons 1 Lane Pool 8:30am - 9am				
9am	Child Watch Child Watch 9am - 12pm	Child Watch Child Watch 9am - 12pm	Child Watch Child Watch 9am - 12pm		Child Watch Child Watch 9am - 12pm	Child Watch Child Watch 9am - 12pm	Child Watch Child Watch 9am - 12pm
	Pilates Group Exercise Schedule Ann Rechenbach 9am - 9:45am	Total Definition Group Exercise Schedule Chris Canges 9am - 10am	HIIT Group Exercise Schedule YMCA Instructor 9am - 10am		Tabata Group Exercise Schedule Chris Canges 9am - 9:45am	Hydrorider Pool YMCA Instructor 9am - 10am	Hydrorider Pool YMCA Instructor 9am - 10am
	Hydrorider Pool YMCA Instructor 9am - 10am		Swim Lessons 3 Lanes Pool 9am - 12pm			Pilates Group Exercise Schedule Ann Rechenbach 9am - 9:45am	Total Body Group Exercise Schedule Chris Canges 9am - 9:45am
10am	Leaping Lizards Ballet Group Exercise Schedule Rose Attea 10am - 10:45am	Gym Closed Gym 10am - 12pm	Yoga Group Exercise Schedule Angela Konopasek 10am - 11am		Water Aerobics Pool 10:05am - 11am	Gym Closed Gym 10am - 11am	Gym Closed Gym 10am - 12pm
	Gym Closed Gym 10am - 11am	Pickleball Gym 10am - 12pm				Tumble Bugs Group Exercise Schedule Rose Attea 10am - 10:45am	Pickleball Gym 10am - 12pm
	Yoga Group Exercise Schedule Angela Konopasek 10am - 10:45am	Water Aerobics Pool 10:05am - 11am				Yoga Group Exercise Schedule Angela Konopasek 10am - 10:45am	Water Aerobics Pool 10:05am - 11am
	Water Aerobics Pool 10:05am - 11am					Water Aerobics Pool 10:05am - 11am	
11am	Lap Swim 3 Lanes Pool 11am - 4pm	Lap Swim 3 Lanes Pool 11am - 8pm	Open Swim Pool 11am - 5pm		Lap Swim 3 Lanes Pool 11am - 4pm	Lap Swim 3 Lanes Pool 11am - 4pm	Lap Swim 3 Lanes Pool 11am - 4pm
	Open Swim Pool 11am - 8pm	Open Swim Pool 11am - 7pm			Open Swim Pool 11am - 6pm	Open Gym Gym 11am - 6pm	Open Swim Pool 11am - 8pm

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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	Tumble Bugs Group Exercise Schedule Rose Attea 11am - 11:45am					Open Swim Pool 11am - 8pm	
	Open Gym Gym 11am - 7:15pm					Chair Yoga Group Exercise Schedule Angela Konopasek 11:20am - 12pm	
	Chair Yoga Group Exercise Schedule Angela Konopasek 11:20am - 12pm						
12pm		Open Gym Gym 12pm - 8:45pm	Lap Swim 3 Lanes Pool 12pm - 5pm	Lap Swim 3 Lanes Pool 12pm - 4pm	Open Gym Gym 12pm - 5:20pm		Open Gym Gym 12pm - 5:45pm
				Open Gym Gym 12pm - 5pm			
				Open Swim Pool 12pm - 4pm			
4pm	Lap Swim 1 Lane Pool 4pm - 6pm				Lap Swim 1 Lane Pool 4pm - 6pm	Lap Swim 1 Lane Pool 4pm - 6pm	Lap Swim 1 Lane Pool 4pm - 6pm
5pm	Child Watch Child Watch 5pm - 8pm				Child Watch Child Watch 5pm - 8pm	Child Watch Child Watch 5pm - 8pm	Child Watch Child Watch 5pm - 8pm
	Spin Group Exercise Schedule YMCA Instructor 5:30pm - 6:15pm				Gym Closed Gym 5:20pm - 6:30pm		Yoga Group Exercise Schedule Hanna Harb 5:30pm - 6:15pm
					Dance Fitness Group Exercise Schedule Anna Seiple 5:30pm - 6:15pm		Gym Closed Gym 5:45pm - 7pm
					Spin Group Exercise Schedule Stephanie Welch 5:30pm - 6:15pm		
6pm	Zumba Group Exercise Schedule Jackie Daugherty 6pm - 7pm				Water Aerobics Class Pool YMCA Instructor 6pm - 6:45pm	Yoga Group Exercise Schedule Becky Soto 6pm - 7pm	Ultimate Fit Gym Stephanie Welch 6pm - 7pm

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	Adult Swim Club Pool 6:15pm - 7pm				Open Gym Gym 6:30pm - 8:50pm	Gym Closed Gym 6pm - 7pm	Ultimate Fit Group Exercise Schedule Stephanie Welch 6pm - 7pm
						Lap Swim 3 Lanes Pool 6pm - 8pm	Lap Swim 1 Lane Pool 6pm - 6:45pm
						Zumba Group Exercise Schedule YMCA Instructor 6pm - 7pm	Pilates Group Exercise Schedule YMCA Instructor 6:30pm - 7:15pm
7pm	Lap Swim 3 Lanes Pool 7pm - 8pm	Hydrorider Pool YMCA Instructor 7pm - 8pm			Lap Swim 3 Lanes Pool 7pm - 8pm	Open Gym Gym 7pm - 8:50pm	Lap Swim 3 Lanes Pool 7pm - 8pm
	Open Swim Pool 7pm - 8pm				Open Swim Pool 7pm - 8pm		Open Gym Gym 7pm - 8:50pm
	Gym Closed Gym 7:15pm - 9pm						

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