



GROUP EXERCISE SCHEDULE-DAVIS Y November, 2022

Turkey Burn Off – 11/25 9am
Spin with Vickey/Tabata with Betsy

Monday –

- 8:05 am Total Body (A) –Karen
- 8:30 am Pilates(B) – Ellen, 11/21 Pam S
- 9:00 am Spin (D)-Vickey
- 9:00 am Step (A) – Karen
- 9:45 am Senior Circuit (B)-Vicki
- 10:00 am Group Power (A) – Debra
- 10:45 am Chair Yoga (B) – Randy
- 11:00 am Indo-Row (D) – Chris
- 11:15 am GoLo Zumba (A)- Vicki
- 11:45 pm Senior Classic (B) –Pam
- 12:45-2:00 pm **Intermediate** Line Dancing (A)-Pam
- 1:00 pm Pedaling for Parkinson’s (D)- Ellen/Chris
- 5:30 pm Tabata (A) – 11/7 & 11/21 Kimberly, 11/14 & 11/28 Ashley
- 6:30 pm Zumba (A)-Margaret Anne
- 6:45 pm Yoga (B) – Deb

Tuesday –

- 8:15 am Core Max (A)-Vicki
- 8:30 am Yoga (B) – Amy
- 9:00 am Zumba (A) –Becky
- 9:45 am Senior Classic (B) –Vicki
- 10:05 am Barre (A) – Becky B
- 11:00 am Yoga (B) – Deb
- 1:00 pm Senior Circuit (B) – Rachel, 11/22 Betsy
- 2:00 pm **Beginner** Line Dancing (B)- Pam
- 5:45 Ultimate Fit BOOTCAMP (A) -11/8 & 11/22 Jennifer, 11/1, 11/15 & 11/29 Ashley
- 6:30 pm Zumba (A) – Becky

Wednesday–

- 8:00 am Muscle Mania (A)-Vickey B
- 8:30 am Pilates(B) – Ellen
- 9:00 am Cardio Sculpt (A) – Ashley
- 9:00 am Spin (D) – Chri, 11/23 Vickiey B.
- 9:45 am Senior Circuit (B) – Pam
- 10:00 am Total Body (A) –Vicki
- 10:45 am Chair Yoga (B)- Randy, 11/9 TBD
- 11:15 am GoLo (A)-Angela
- 11:45 pm Senior Classic (B) –Pam
- 6:00 pm Cardio Fusion (A) – Nicole

Thursday–

- 8:15 am Core Max (A)-Karen
- 8:30 am Daybreak Yoga (B) – Amy
- 9:00 am Dance IT! (A) – Karen
- 9:00 am Spin (D) – Chris
- 9:45 am Senior Classic (B) – Betsy, 11/10 TBD
- 10:15 am On the Ball (A) – Vicki
- 11:00 am Yoga (B) –Deb
- 1:00 pm Pedaling for Parkinson’s (D)- Ellen/Chris
- 1:00 pm Senior Circuit (B) – Rachel
- 6:00 pm Total Body (A) – Becky
- 6:00 pm SBR/SPIN, BIKE, RUN Pool, (D), Fit Floor - Jason
- 7:00 pm Zumba (A) – Becky

NO EVENING CLASSES 11/23

NO CLASSES 11/24 – YMCA CLOSED

Friday–

- 8:00 am Barre (A) – Becky
- 8:30 am Pilates (B) –Frannie
- 9:00 am (D) Spin (D)-Vickey
- 9:00 am (A) –Tabata-Jennifer
- 9:45 am Senior Circuit (B) –Pam
- 10:00 am Group Power (A) – Starr
- 11:15 am GoLo (A)– Vickey

Saturday-

- 7:30 am Ultimate Fit (A)–Ashley
- 8:30 am Barre (A)-Becky, 11/19 Jennifer
- 9:00 am Spin (D)- Mendy, 11/26 TBD
- 9:30 am Zumba (A)- 11/5 Becky, 11/12 Margaret Anne, 11/19 Nikki, 11/26 Nicole
- 10:30 am Yoga (B) – Deb, 11/12 TBD

NO REGULAR CLASSES 11/25 -PLEASE ASK ABOUT OUR TURKEY BURN CLASSES!

Sunday-

- 1:15 pm Zumba (A) – 11/6 Nikki, 11/13 Nicole, 11/20 Becky, 11/27 Nikki
- 4:00 pm Yoga (B) – 11/6 Frannie, 11/13 Maria, 11/20 Frannie, 11/27 TBD

Class Location Key

- (A) – Studio A, Aerobics Room
- (B) – Studio B, Mind Body Room
- (D) – Studio D, Spin Room

Occasionally a class may need to move to another area, we will do our best to let the front desk staff know of any location changes.

*Please call (865) 777-9622 or ask front desk staff
To sign up 24 hours in advance for classes highlighted
In blue.

**Please see the Aquatics Schedule for all Water Aerobics classes.