



GROUP EXERCISE SCHEDULE-DAVIS Y January, 2023

Monday –

6:00 am Spin (D) – Sarah S **NEW******
 8:05 am Total Body (A) –Karen
 8:30 am Pilates(B) – Ellen
 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) – Jennifer1/2/Kimberly 1/16 + 1/30/Ashley 1/9 + 1/23
 6:30 pm Zumba (A)-Margaret Anne, 1/30 Nikki
 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
 10:00 am Barre (A) – Becky B
 11:00 am Yoga (B) – Deb
11:15 Power Barre (A) – Jennifer **NEW******
 1:00 pm Senior Circuit (B) – Rachel
 2:00 pm **Beginner** Line Dancing (B)- Pam
 5:45 Ultimate Fit BOOTCAMP (A) – Jennifer/Ashley 1/10
 6:30 pm Zumba (A) – Becky

Wednesday–

6:00 am Spin (D) – Kimberly ***NEW*******
 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) – Chris
 9:45 am Senior Circuit (B) – Pam
 10:00 am Total Body (A) –Vicki
 10:45 am Chair Yoga (B)- Randy
 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
 10:15 am On the Ball (A) – Vicki
 11:00 am Yoga (B) –Deb
11:15 Power Barre (A) – Jennifer **NEW******
 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

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
 9:00 am Spin (D)- Mendy, 1/7 Heather
 9:30 am Zumba (A)- 1/7 Becky, 1/14 Margaret Anne, 1/21 Nicole, 1/28 Nikki
 10:30 am Yoga (B) – Deb, 1/7 Heather

Sunday–

NO CLASSES Jan 1 Happy New Year!

1:15 pm Zumba (A) – 1/8 Sovanne, 1/15 Nicole, 1/22 Becky, 1/29 Sovanne
 4:00 pm Yoga (B) – 1/8 Maria, 1/15 Heather, 1/22 Frannie, 1/29 Kimberly H

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 SEE OUR NEW CLASSES - SPIN ON M/W @ 6am & POWER BARRE T/TH @ 11:15!!

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

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