



## GROUP EXERCISE SCHEDULE-DAVIS Y FEBRUARY 2023

### Monday –

6:00am Spin (D) - Kimberly  
 8:05 am Total Body (A) –Karen  
 8:30 am Pilates(B) – Ellen  
 9:00 am Spin (D)-Vickey, 2/6 + 2/20 + 2/27 Heather  
 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) –Jennifer, 2/27 Kimberly  
 6:30 pm Zumba (A)-Margaret Anne  
 6:45 pm Mellow Mondays 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  
 1:00 pm Senior Circuit (B) – Rachel  
 2:00 pm **Beginner** Line Dancing (B)- Pam  
 5:45 Ultimate Fit BOOTCAMP (A) – Jennifer, 2/28 Ashley  
 6:30 pm Zumba (A) – Becky

### Wednesday–

6:00am Spin (D) - Sarah S  
 8:00 am Muscle Mania (A)-Vickey B, 2/8 Jennifer, 2/22 Ashley  
 8:30 am Pilates(B) – Ellen  
 9:00 am Cardio Sculpt (A) – Ashley, 2/1 + 2/8 Michelle  
 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, 2/8 Nikki

### 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, 2/16 Mendy  
 9:45 am Senior Classic (B) – Betsy, 2/16 Nikki, 2/23 Jennifer  
 10:15 am On the Ball (A) – Vicki  
 11:00 am Yoga (B) –Deb  
 11:15 Power Barre (A) - Jennifer  
 1:00 pm Pedaling for Parkinson’s (D)- Ellen/Chris  
 1:00 pm Senior Circuit (B) – Rachel  
 6:00 pm Total Body (A) – Becky  
 7:00 pm Zumba (A) – Becky

### Friday–

8:00 am Barre (A) – Becky  
 8:30 am Pilates (B) –Frannie, 2/17 Nikki  
 9:00 am (D) Spin (D)-Vickey, 2/10 + 2/24 Heather  
 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, 2/10 + 2/24 Vicki

### Saturday-

7:30 am Ultimate Fit (A)–Ashley, 2/4 Kimberly L  
 8:30 am Barre (A)-Becky  
 9:00 am Spin (D)- Mendy, 2/4 Heather  
 9:30 am Zumba (A)- 2/4 Nikki, 2/11 Margaret Anne, 2/18 Nicole, 2/25 Becky  
 10:30 am Yoga (B) – Deb

### Sunday-

1:15 pm Zumba (A) – 2/5 Becky, 2/12 Sovanne,, 2/19 Nikki 2/26 Nicole  
 4:00 pm Yoga (B) – 2/5 Frannie, 2/12 Kimberly, 2/19 Heather, 2/26 Maria

### Class Location Key

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

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

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 the Aquatics Schedule for all Water Aerobics classes.