



## GROUP EXERCISE SCHEDULE-DAVIS Y MARCH, 2023

### Monday –

6:00am Spin (D) - Sarah S  
 8:00 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/3/13 Carrie Anne  
 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, Kimberly, Ashley  
 6:30 pm Zumba (A)-Nikki  
 6:45 pm Yoga (B) – Deb

### Tuesday –

8:15 am Core Max (A)-Vicki  
 8:30 am Yoga (B) – Amy, 3/14 Andrea  
 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, Ashley  
 6:30 pm Zumba (A) – Becky  
 6:00-8pm **Intermediate to Advanced** Line Dance (B) -David

### Wednesday–

6:00am Spin (D) - Kimberly  
 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  
 6:00 **Improver to Intermediate** Line Dance (B) - David

### Thursday–

8:15 am Core Max (A)-Karen  
 8:30 am Daybreak Yoga (B) – Amy, 3/16 Annabel  
 9:00 am Dance IT! (A) – Karen  
 9:00 am Spin (D) – Chris, 3/9 Mendy  
 9:45 am Senior Classic (B) – Betsy, 3/2 Jennifer  
 10:15 am On the Ball (A) – Vicki  
 11:00 am Yoga (B) –Deb  
 11:15 Power Barre (A) – Jennifer, 3/16 Betsy  
 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, 3/3 Michelle  
 8:30 am Pilates (B) –Frannie, 3/10 Pam  
 9:00 am (D) Spin (D)-Vickey  
 9:00 am (A) –Tabata-Jennifer, 3/17 Betsy  
 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,3/4 Michelle  
 9:00 am Spin (D)- Mendy, 3/18 Kimberly  
 9:30 am Zumba (A)- 3/4 Sovanne, 3/11 Nikki, 3/18 Becky, 3/25 Nicole  
 10:30 am Yoga (B) – Deb, 3/11 Andrea

### Sunday-

1:15 pm Zumba (A) – 3/5 Nicole, 3/12 Becky, 3/19 Sovanne, 3/26 Nikki  
 4:00 pm Yoga (B) – 3/5 TBA, 3/12 TBA, 3/19 Frannie, 3/26 Kimberly

### 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.