



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE SCHEDULE-DAVIS Y NOVEMBER, 2023

Monday –

6:00am Spin (D) - Sarah S
8:00 am Total Body (A) –Karen
8:30 am Pilates(B) – Ellen, 11/20 Colleen
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) –Ashley
6:30 pm Zumba (A)- Becky
6:45 pm Yoga (B) – Deb

Tuesday –

8:15 am Core Max (A)-Vicki
8:30 am Yoga (B) – (Amy) – **Month of November - Annabel**
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) – Julie
6:30 pm Zumba (A) – Nikki

6:00-8pm **Intermediate to Advanced** Line Dance (B) -David

Wednesday– NOVEMBER 22 – NO CLASSES

6:00am Spin (D) - Kimberly L
8:00 am Muscle Mania (A)-Vickey B
8:30 am Pilates(B) – Ellen
9:00 am Cardio Sculpt (A) – Michelle, 11/1 + 11/8 Ashley
9:00 am Spin (D) – Chris
9:45 am Senior Circuit (B) – Pam, 11/1 TBA
10:00 am Total Body (A) –Vicki
10:45 am Chair Yoga (B)- Randy
11:15 am GoLo (A)-Angela, 11/15 Michelle
11:45 pm Senior Classic (B) –Pam, 11/1 TBA
12:15 Extreme Fit (A) - Jennifer
6:00 pm Cardio Fusion (A) – Nicole

6:00 **Improver to Intermediate** Line Dance (B) - David

Thursday– NOVEMBER 23 - YMCA CLOSED

8:15 am Core Max (A)-Karen
8:30 am Daybreak Yoga (B) – (Amy) **Month of November - Andrea**
9:00 am Dance IT! (A) – Karen
9:00 am Spin (D) – Chris
9:45 am Senior Classic (B) – Vicki
10:15 am Functional Fit & Toned (A) – Michelle, 11/2 Jennifer
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–NOVEMBER 24 NO REGULAR CLASSES ***

8:00 am Barre (A) – Becky, 11/17 Jennifer
8:30 am Pilates (B) –Frannie, 11/10 Colleen
9:00 am (D) Spin (D)-Vickey
9:00 am (A) –Tabata-Jennifer
9:45 am Senior Circuit (B) –Pam, 11/3 TBA
10:00 am Group Power (A) – Starr
10:45 Seated Mobility and Stretch (B) – Jennifer *****NEW*****
11:15 am GoLo (A)– Vickey

Saturday-

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

9:30 am Zumba (A)- 11/4 Becky, 11/11 Jackie, 11/18 Nikki, 11/25 Nicole

Sunday-

1:15 pm Zumba (A) – 11/5 Nikki, 11/12 Becky, 11/19 Nicole, 11/26 Nikki
4:00 pm Yoga (B) – 11/5 Kimberly L, 11/12 Kim H, 11/19 Frannie, 11/26 Patrycia

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

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.

***Samurai Dragons use our Studios on Thursdays (B) 7-8, Fridays (A) 5-6:30 & Sundays (A) 3-5:30**

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

*****TURKEY BURN WITH KAREN**



FRIDAY 11/24 @ 9am (A)***