



GROUP EXERCISE SCHEDULE-DAVISY APRIL 2024

Monday –

6:00am Spin (D) - Sarah S
8:00 am Total Body (A) –Karen
 8:30 am Pilates(B) – Ellen, 4/1 + 4/29 Pam
9:00 am) Spin (D)-Vickey
 9:00 am Step (A) – Karen
9:45 am Senior Circuit (B)–Vicki
10:00 am Body Pump (A) – Debra, 4/1 Starr
 10:45 am Chair Yoga (B) – Randy
11:00 am Indo-Row (D) – Chris, 4/8 Ellen
 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 Mellow Mondays Yoga (B) – Deb

Tuesday –

5:15 am Body Pump (A) -Julie
 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 Strong (B) – Rachel
 2:00 pm **Beginner** Line Dancing (B)- Pam
 5:40 Body Pump (A) – Julie
 6:30 pm Zumba (A) – Nikki

 6:00-6:30pm- **Newcomer Class** (For Dancers transitioning to the YMCA Classes) (B) - David
 6:30-8pm **Improver to Intermediate** Line Dance (B) -David

Wednesday–

6:00am Spin (D) - Kimberly, 4/3 + 4/10 Michael Carrol
 8:00 am Muscle Mania (A)-Vickey B
 8:30 am Pilates(B) – Karen
 9:00 am Cardio Sculpt (A) – 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, **4/24 TBA**
 11:15 am GoLo (A)-Angela
 11:45 pm Senior Classic (B) –Pam
 12:15 Extreme Fit (A) - Jennifer
 6:00 pm Cardio Fusion (A) – Nicole

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

Thursday–

5:15 am Body Pump (A) -Julie
 8:15 am Core Max (A)-Karen, 4/11 Michelle
 8:30 am Daybreak Yoga (B) – Amy
 9:00 am Dance IT! (A) – Karen, 4/11 Michelle
9:00 am Spin (D) – Chris
9:45 am Senior Classic (B) – Vicki
10:15 am Body Pump (A) – Michelle
 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 Strong (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
9:00 am (D) Spin (D)-Vickey
 9:00 am (A) –Tabata-Jennifer
9:45 am Senior Circuit (B) –Pam, 4/20 Michelle
10:00 am Body Pump (A) – Starr, 4/5 Debra
 10:45am Seated Strength and Mobility (B) - Jennifer
 11:15 am GoLo (A)– Vickey
 1205pm Stretch & Flex (A) - Vickey

Saturday–

7:30 am Ultimate Fit (A)–Ashley
 8:30 am Barre (A)-Becky
9:00 am Spin (D)- Mendy, 4/6 TBA
 9:30 am Zumba (A)- 4/6 Nikki, 4/13 Becky, 4/20 Nikki, 4/27 Nicole
 10:30 am Yoga (B) – Deb, 4/20 Kimberly L
10:30am Body Pump (A) – 4/6 Angela, 4/13 Julie, 4/20 Angie, 4/27 Michelle

Sunday-

1:15 pm Zumba (A) - 4/7 Becky, 4/14 Nikki, 4/21 Nicole, 4/28 Sovanne
 4:00 pm Yoga (B) – 4/7 Patricia, 4/14 Maria, 4/21 Maria, 4/28 Kim H

***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.