



DAVIS FAMILY YMCA
GROUP EXERCISE SCHEDULE
MAY, 2024

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MONDAY	TUESDAY
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NO CLASSES 5/27

6:00am Spin (D) – Sarah S
 8:00am *Total Body (A) – Karen, 5/20 Vicki
 8:30am Pilates (B) – Ellen
 9:00am *Spin (D) – Vickey
 9:00am Advanced Step (A) – Karen, 5/20 Step Tabata Ashley
 9:45am *Senior Circuit (B) – Vicki, 5/20 Pam
 10:00am *Body Pump (A) – Debra
 10:45am Chair Yoga (B) – Randy, 5/20 Deb
 11:00am * Indo-Row (D) -Chris, 5/20 Ellen
 11:15am GoLo Zumba (A) – Vicki, 5/13 Michelle, 5/20 Vickey B
 11:45 Senior Classic (B) – Pam, 5/6 Michelle
 12:45-2:00pm **Intermediate** Line Dancing (A) -Pam
 1:00pm Pedaling for Parkinson’s (D) – Ellen/Chris
 5:30pm Tabata (A) – Ashley
 6:30 Zumba (A) – Becky
 6:45pm Mellow Mondays Yoga (B) - Deb

5:15am Body Pump (A) – Julie
 8:15 Core Max (A) – Vicki, 5/14 + 5/21 Becky
 8:30am Daybreak Yoga (B) – Amy
 9:00am Zumba (A) – Becky
 9:45am * Senior Classic (B) -Vicki, 5/14 Jennifer, 5/21 Pam
 10:00am Barre (A) – Becky
 11:00am Yoga (B) – Deb, 5/28 Patricia
 11:15am Power Barre (A) – Jennifer
 1:00pm Senior Strong (B) – Rachel
 2:00pm **Beginner** Line Dancing (B) – Pam
 5:45pm Body Pump (A) – Julie
 6:30pm Zumba (A) – Nikki

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

*No Line Dancing Classes the week of 5/13

WEDNESDAY	THURSDAY
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6:00am Spin (D) – Kimberly, 5/22 Michael C
 8:00am Muscle Mania (A) – Vickey B
 8:30am Pilates (B) – Karen, 5/22 Ellen
 9:00am Cardio Sculpt (A) – Michelle, 5/22 Ashley
 9:00am * Spin (D) – Chris
 9:45am *Senior Circuit (B) – Pam, 5/8 Jennifer, 5/22 Vickey B
 10:00am *Total Body (A) – Vicki, 5/22 Jennifer
 10:45am Chair Yoga (B) – Randy, 5/22 Heather
 11:15am GoLo (A) – Angela, 5/15 Michelle
 11:45 Senior Classic (B) – Pam, 5/8 Michelle, 5/22 Jennifer **(30 min)**
 12:15pm Extreme Fit (A) – Jennifer
 6:00pm Cardio Fusion (A) – Nicole, 5/22 Ashley

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

5:15am Body Pump (A) – Julie, **5/23 NO CLASS**
 8:15 Core Max (A) – Karen
 8:30am Daybreak Yoga (B) – Amy
 9:00am Dance IT! (A) - Karen
 9:00am * Spin (D) – Chris
 9:45am *Senior Classic (B) – Vicki, 5/23 Jennifer
 10:15am * Body Pump (A) – Michelle, 5/23 Total Body- Karen
 11:00am Yoga (B) – Deb, 5/30 Heather
 11:15am Power Barre (A) – Jennifer
 1:00pm Pedaling for Parkinson’s (D) – Ellen/Chris
 1:00pm Senior Strong (B) – Rachel
 6:00pm 5/2 ,5/16, 5/30 **WARRIOR Strength** (A) - Becky
 6:00pm 5/23 Total Body (A) – Becky
 7:00pm Zumba (A) – Becky

FRIDAY	SATURDAY - NO CLASSES 5/11(A) & 5/18 (B)
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8:00am Barre (A) – Becky
 8:30am Pilates (B) – Frannie
 9:00am *Spin, 5/24 Karen
 9:00am Tabata (A) – Jennifer
 9:45am * Senior Circuit (B) – Pam, 5/10 Michelle
 10:00am * Body Pump (A) – Starr
 10:45am Seated Stretch & Mobility (B) – Jennifer
 11:15am GoLo (A) – Vickey B, 5/24 Karen
 12:05pm Stretch & Flex (A) – Vickey B, 5/24 Karen

7:30 Ultimate Fit (A) – Ashley
 8:30am Barre (A) – Becky
 9:00am * Spin (D) – Mendy, 5/11 Kimberly, **5/18 NO CLASS**
 9:30am Zumba (A) – 5/4 Nicole, 5/18 Becky, 5/25 Nikki
 10:30am Yoga – Deb, 5/4 Andrea, 5/25 Heather
 10:30am * Body Pump (A) – 5/4 Michelle, 5/18 Angie,
 5/25 TBA

SUNDAY - NO CLASSES 5/12 both & 5/19 (B)	Class Location Key
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1:15 pm Zumba (A) – 5/5 Nicole, 5/19 Becky, 5/26 Nikki
 4:00 pm Yoga (B) – 5/5 Heather, 5/26 Kim H

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

Classes with a * require sign up. You can sign up within 24-hour advance by calling the front desk at 865-777-9622.

Please see reverse side for class options (A) 5/6-5/11 & (B) 5/13-5/19

****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.**

Options for additional Exercise opportunities:

Take an Aqua Aerobics class, a Spin class or try a Sprint 8 on the Matrix. The week of 5/6 try a Yoga or Pilates class in Studio (B) and the week of 5/13 mix it up with Muscle Mania or Barre in Studio (A)

Week of 5/6-5/12

- 5/6 9am Sing-Along Spin with Vickey & Karen (SIGN UP REQUIRED)
- 5/6 10am Walk in Jefferson Park with body weight strength finisher * With Angela
- 5/6 12:45pm Line Dancing Fun in Studio B
- 5/7 10am & 10:30am Small Group Training on the Fit Floor (sign up -5 max) with Becky
- 5/7 11am & 11:30am Small Group Training on the Fit Floor (sign up -5 max) With Jennifer
- 5/8 10am Walk in Jefferson Park with body weight strength finisher * With Angela or Jennifer
- 5/9 10am & 10:30am Small Group Training on the Fit Floor (sign up -5 max) with Becky
- 5/11 7:30am Boot Camp with Ashley (Location TBD)

Week of 5/13-5/19

- 5/13 10am Walk at Cove Park *
- 5/14 1030am Seated Stretch in Spin Room With Deb
- 5/15 10am Walk at Cove Park *
- 5/16 1030am Seated Stretch in Spin Room With Deb
- 5/17 10am Walk at Cove Park with band finisher *

***weather permitting/Sprint 8 on Matrix if weather is bad**