



# DAVIS FAMILY YMCA

## GROUP EXERCISE SCHEDULE

### AUGUST 2024

#### MONDAY

6:00am Spin (D) – Sarah S  
6:00am Wake up YOGA (B) – Heather  
8:00am \*Total Body (A) – Karen  
8:30am Pilates (B) – Ellen, 8/5 TBA  
9:00am \*Spin (D) – Vickey  
9:00am Step (A) –Karen  
9:45am \*Senior Circuit (B) – Vicki, 8/19 Betsy  
10:00am \*Body Pump (A) – Debra  
10:45am Chair Yoga (B) – Randy  
11:00am \*Indo-Row (D) -Chris  
11:15am GoLo Zumba (A) – Vicki, 8/19 Michelle  
11:45 Senior Classic (B) – Pam, 8/26 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, 8/5 Patrycia

#### WEDNESDAY

6:00am Spin (D) – Kimberly, 8/7 Michael  
6:00am Wake up YOGA (B) – Heather  
8:00am Muscle Mania (A) – Vickey B  
8:30am Pilates (B) – Karen  
9:00am Cardio Sculpt (A) – Michelle, 8/7 Jennifer  
9:00am \*Spin (D) – Chris  
9:45am \*Senior Circuit (B) – Pam, 8/28 Jennifer  
10:00am \*Total Body (A) – Vicki, 8/21 Karen  
10:45am Chair Yoga (B) – Randy  
11:15am GoLo (A) – Angela  
11:45 Senior Classic (B) – Pam, 8/28 Michelle  
12:15pm Extreme Fit (A) – Jennifer  
6:00pm Cardio Fusion(A)-8/7+8/28 Jennifer  
8/14 Kimberly, 8/21 Ashley  
6:00-8:00pm **Intermediate to Advanced** Line Dancing (B) – David

#### FRIDAY

8:00am Barre (A) – Becky, 8/30 Michelle  
8:30am Pilates (B) – Frannie  
9:00am \*Spin (D) – Vickey B  
9:00am Tabata (A) – Jennifer  
9:45am \*Senior Circuit (B) – Pam, 8/23 Betsy, 8/30 Michelle  
10:00am \*Body Pump (A) – YMCA Instructor  
10:45am Seated Stretch & Mobility (B) – Jennifer  
11:15am GoLo (A) – Vickey B  
12:05pm Stretch & Flex (A) – Vickey B

#### SUNDAY

1:15 pm Zumba (A) – YMCA Instructor  
4:00 pm Yoga (B) – YMCA Instructor

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

#### TUESDAY

5:15am Body Pump (A) – Julie  
8:15am Core Max (A) – Vicki, 8/20 Becky  
8:30am Daybreak Yoga (B) – Amy  
9:00am Zumba (A) – Becky  
9:45am \*Senior Classic (B) -Vicki, 8/20 Betsy  
10:00am Barre (A) – Becky  
11:00am Yoga (B) – Deb, 8/6 TBA  
11:15am Power Barre (A) – Jennifer  
1:00pm Senior Strong (B) – Rachel  
2:00pm **Beginner** Line Dancing (B)-Pam  
5:40pm Body Pump (A) – Julie  
6:30pm Zumba (A) – Margaret Anne  
  
6:00pm **Newcomer Class** (Dancers transitioning to Y)  
6:30pm **Improver to Intermediate** Line Dancing **both in (B) with David**

#### THURSDAY

5:15am Body Pump (A) – Julie  
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, 8/15 Jennifer, 8/22 Betsy  
10:15am \*Body Pump (A)-Michelle, 8/8 Julie  
11:00am Yoga (B) – Deb, 8/8 Heather  
11:15am Power Barre (A) – Jennifer  
1:00pm Pedaling for Parkinson's (D) – Ellen/Chris  
1:00pm Senior Strong (B) – Rachel  
6:00pm 1<sup>st</sup> & 3<sup>rd</sup> WARRIOR Strength (A) - Becky  
6:00pm 2<sup>nd</sup> & 4<sup>th</sup> Total Body (A) – Becky  
7:00pm Zumba (A) – Becky

#### SATURDAY

7:30 Ultimate Fit (A) – Ashley  
8:30am Barre (A) – Becky, 8/31 Nikki  
9:00am \*Spin (D)-Mendy, 8/24 TBA  
9:30am Zumba (A) – YMCA Instructor  
10:30am Yoga (B) – Deb, 8/3 Andrea, 8/10 Patrycia  
10:30am \* Body Pump (A) – YMCA Instructor

#### Class Location Key

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

**\*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.**