



DAVIS FAMILY YMCA

GROUP EXERCISE SCHEDULE

OCTOBER 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
9:00am *Spin (D) – Vickey
9:00am Step (A) –Karen
9:45am *Senior Circuit (B) – Vicki, 10/14 TBD
10:00am *Body Pump (A) – Debra, 10/7 Michelle
10:45am Chair Yoga (B) – Randy, 10/21 Deb
11:00am *Indo-Row (D) -Chris
11:15am GoLo Zumba (A) – Vicki, **10/14 TBD**
11:45 Senior Classic (B) – Pam
12:45-2:00pm **Intermediate** Line Dancing (A) -Pam
1:00pm Pedaling for Parkinson's (D) – Ellen/Chris
5:30pm Tabata (A) – Ashley, 10/7 Kimberly
6:30pm Zumba (A) - Becky
6:45pm Mellow Mondays Yoga (B) - Deb

WEDNESDAY

6:00am Spin (D) – Kimberly
6:00am Wake up YOGA (B) – Heather
8:00am Muscle Mania (A) – Vickey B, 10/28 TBD
8:30am Pilates (B) – Karen
9:00am Cardio Sculpt (A) – Michelle
9:00am *Spin (D) – Chris, 10/23 Chris
9:45am *Senior Circuit (B) – Pam, 10/2 Jennifer
10:00am *Total Body (A) – Vicki, 10/16 Karen
10:45am Chair Yoga (B) – Randy, 10/23 TBD
11:15am GoLo (A) – Angela, 10/9 TBD
11:45 Senior Classic (B) – Pam, 10/2 TBD
12:15pm Extreme Fit (A) – Jennifer, 10/23 Karen
6:00pm Cardio Fusion (A) – Nicole
6:00pm Doors Open for Line Dancing (B)
6:30pm Level I & Level II Line Dancing (B) - David

FRIDAY

8:00am Barre (A) – Becky
8:30am Pilates (B) – Frannie
9:00am *Spin (D) – Vickey B, 10/4 +10/18 Chris
9:00am Tabata (A) – Jennifer
9:45am *Senior Circuit (B) – Pam
10:00am *Body Pump (A) – Julie
10:45am Seated Stretch & Mobility (B) – Jennifer
11:15am GoLo (A) – Vickey B, 10/4 Vicki, 10/18 TBD
12:05pm Stretch & Flex (A) – Vickey B

SUNDAY NO CLASS 10/27 (Fall Fest)

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, 10/8 Michelle
8:15am Core Max (A) – Vicki, 10/15 TBD
8:30am Daybreak Yoga (B) – Amy, 10/8 Kimberly
9:00am Zumba (A) – Becky
9:00am *Spin (D) – Karen NEW*****
9:45am *Senior Classic (B) -Vicki, 10/15 TBD
10:00am Barre (A) – Becky
11:00am Yoga (B) – Deb
11:15am Power Barre (A) – Jennifer, 10/1 TBD
1:00pm Senior Strong (A) – Rachel
2:00pm **Beginner** Line Dancing (B)-Pam
5:40pm Body Pump (A) – Michelle
6:30pm Zumba (A) – Margaret Anne

6:00pm Doors Open for Line Dancing (B)
6:30pm Level II & Level III Line Dancing (B) - David

THURSDAY

5:15am Body Pump (A) – Julie
8:15 Core Max (A) – Karen
8:30am Daybreak Yoga (B) – Amy, 10/10 Kimberly
9:00am Dance IT! (A) - Karen
9:00am *Spin (D) – Chris, 10/3 Michelle
9:45am *Senior Classic (B) – Vicki
10:15am *Body Pump (A)–Michelle
11:00am Yoga (B) – Deb
11:15am Power Barre (A) – Jennifer
1:00pm Pedaling for Parkinson's (D) – Ellen/Chris
1:00pm Senior Strong (A) – Rachel
6:00pm Total Body (A) - Becky
7:00pm Zumba (A) – Becky

SATURDAY

7:30 Ultimate Fit (A)–Ashley, 10/5 Kimberly,10/12 Jason
8:30am Barre (A) – Becky
9:00am *Spin (D)–Mendy, 10/5 Kimberly
9:30am Zumba (A) – YMCA Instructor
10:30am Yoga (B) – Deb, 10/5 TBD
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.**