



# DAVIS FAMILY YMCA

## GROUP EXERCISE SCHEDULE

### NOVEMBER 2024

#### MONDAY

6:00am Spin (D) – Sarah S  
**8:00am \*Total Body (A) – Karen**  
8:30am Pilates (B) – Ellen  
8:30am Pilates (B) – Ellen  
**9:00am \*Spin (D) – Vickey**  
9:00am Step (A) –Karen  
**9:45am \*Senior Circuit (B) – Vicki**, 11/11 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, 11/11 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  
6:30pm Zumba (A) - Becky  
6:45pm Mellow Mondays Yoga (B) - Deb

#### WEDNESDAY-11/27 NO CLASSES/Preburn 830am

6:00am Spin (D) – Kimberly  
8:00am Muscle Mania (A) – Vickey B  
8:30am Pilates (B) – Karen  
9:00am Cardio Sculpt (A) – Michelle, 11/6 Ashley  
**9:00am \*Spin (D) – Chris**  
**9:45am \*Senior Circuit (B) – Pam**, 11/13 Jennifer  
**10:00am \*Total Body (A) – Vicki**, 11/13 Karen  
10:45am Chair Yoga (B) – Randy  
11:15am GoLo (A) – Angela  
11:45 Senior Classic (B) – Pam, 11/13 Betsy  
12:15pm Extreme Fit (A) – Jennifer  
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 - 11/29 SPECIAL CLASS ONLY

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

#### 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  
8:30am Daybreak Yoga (B) – Amy, 11/26 Frannie  
9:00am Zumba (A) – Becky  
9:00am Zumba (A) – Becky  
**9:00am \*Spin (D) – Karen**  
**9:45am \*Senior Classic (B) -Vicki**, 11/12 Betsy  
10:00am Barre (A) – Becky  
11:00am Yoga (B) – Deb  
11:15am Power Barre (A) – Jennifer  
1:00pm Senior Strong (A) – Rachel  
2:00pm **Beginner** Line Dancing (B)-Pam  
5:40pm Body Pump (A) – Michelle, 11/5 TBD  
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 - 11/28 CLOSED

5:15am Body Pump (A) – Julie  
**8:05am Triple Threat (A) – Karen \*\*NEW**  
8:30am Daybreak Yoga (B) – Amy  
9:00am Dance IT! (A) - Karen  
**9:00am \*Spin (D) – Chris**  
**9:45am \*Senior Classic (B) – Vicki**  
**10:15am \*Body Pump (A)–Michelle**, 11/7 Julie  
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, 11/14 Kim L  
7:00pm Zumba (A) – Becky, 11/14 Paola

#### SATURDAY

7:30 Ultimate Fit (A) – Ashley  
8:30am Barre (A) – Becky, 11/16 Michelle  
**9:00am \*Spin (D)–Mendy**, 11/2 Kim L, 11/30 TBD  
9:30am Zumba (A) – YMCA Instructor  
10:30am Yoga (B) – Deb

#### 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**

**\*\*11/27 PRE-BURN with Karen at 8:30am \*\*11/29 TURKEY BURNER CLASS with Becky at 9am**