



DAVIS FAMILY YMCA

GROUP EXERCISE SCHEDULE

JANUARY 2025

MONDAY

6:00am Spin (D) – Sarah S
6:00am Wake up YOGA (B)–Patrycia, 1/13, 1/20, 1/27 Kim L
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
10:00am *Body Pump (A) – Debra
10:45am Chair Yoga (B) – Randy
11:00am *Indo-Row (D) -Chris
11:15am GoLo Zumba (A) – Vicki
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 NO CLASSES 1/1 -See below

6:00am Spin (D) – Kimberly L
6:00am Wake up YOGA (B)–Patrycia, 1/15 & 1/22TBA
8:00am Muscle Mania (A) – Vickey B
8:30am Pilates (B) – Karen
9:00am Cardio Sculpt (A) – Michelle
9:00am *Spin (D) – Chris
9:45am *Senior Circuit (B) – Pam
10:00am *Total Body (A) – Vicki
10:45am Chair Yoga (B) – Randy
11:15am GoLo (A) – Angela
11:45 Senior Classic (B) – Pam
12:15pm Extreme Fit (A) – Jennifer, 1/8 TBA
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

5:15am Body Pump (A) – Julie
8:00am Barre (A) – Becky
8:30am Pilates (B) – TBA
9:00am *Spin (D) – Vickey B
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
12:05pm Stretch & Flex(A)–Vickey B

SUNDAY NO CLASS 10/27 (Fall Fest)

1:15 pm Zumba/Dance (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
9:00am Zumba (A) – Becky
9:00am *Spin (D) – Karen
9:45am *Senior Classic (B) -Vicki
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
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

8:05 Triple Threat (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
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
8:30am Barre (A) – Becky
9:00am *Spin (D)–Mendy, 1/18 + 1/25 TBA
9:30am Zumba/Dance (A)- YMCA Instructor

10:30am Yoga (B) – Deb
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**

JANUARY 1st – Special Class - SEE FRONT DESK FOR SCHEDULE!