



# DAVIS FAMILY YMCA

## GROUP EXERCISE SCHEDULE

### FEBRUARY 2025

#### MONDAY

6:00am Spin (D) – Sarah S  
6:00am Wake up YOGA (B) – Patricia  
**8:00am \*Total Body (A) – Karen** 2/17 Jennifer  
8:30am Pilates (B) – Ellen  
**9:00am \*Spin (D) – Vickey**, 2/3 + 2/10 TBA  
9:00am Step (A) –Karen 2/17 TBA  
**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 2/17 TBA  
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

6:00am Spin (D) – Kimberly L  
6:00am Wake up YOGA (B) – Patricia  
8:00am Muscle Mania (A) – Vickey B, 2/5 +2/12 Betsy  
8:30am Pilates (B) – Karen 2/19 TBA  
9:00am Cardio Sculpt (A) – Michelle  
**9:00am \*Spin (D) – Chris**  
**9:45am \*Senior Circuit (B) – Pam** 2/19 Jennifer  
**10:00am \*Total Body (A) – Vicki**  
10:45am Chair Yoga (B) – Randy  
11:15am GoLo (A) – Angela  
11:45 Senior Classic (B) – Pam 2/19 TBA  
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

5:15am Body Pump (A) – Julie  
8:00am Barre (A) – Becky  
8:30am Pilates (B) – TBA  
**9:00am \*Spin (D) – Vickey B**, 2/7 + 2/14 Paola  
9:00am Tabata (A) – Jennifer  
**9:45am \*Senior Circuit (B) – Pam** 2/21 TBA  
**10:00am \*Body Pump (A) – Julie**  
10:45am Seated Stretch & Mobility (B) – Jennifer  
11:15am GoLo (A) – Vickey B, 2/7 + 2/14 Kim  
12:05pm Stretch & Flex(A)–Vickey B, 2/7 & 2/14 Jennifer  
**5:00pm TGIF Feel Good Yoga (B) – Patricia** \*\*\*NEW

#### 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  
9:00am Zumba (A) – Becky, 2/4 Paola  
**9:00am \*Spin (D) – Karen** 2/18 TBA  
**9:45am \*Senior Classic (B) -Vicki**  
10:00am Barre (A) – Becky, 2/4 Betsy  
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, 2/18 TBA  
  
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 2/20 Paola  
8:30am Daybreak Yoga (B) – Amy  
9:00am Dance IT! (A) – Karen 2/20 TBA  
**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 FUSION X (A) Becky  
7:00pm Zumba (A) – Beky

#### SATURDAY

7:30 Ultimate Fit (A)–Ashley  
8:30am Barre (A) – Becky  
**9:00am\*Spin(D)–Mendy–NO CLASS 2/22**, 2/15 TBA  
9:30am Zumba (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

\*\*Please see the Aquatics Schedule for all Water Aerobics classes.