



DAVIS FAMILY YMCA

GROUP EXERCISE SCHEDULE

MARCH 2025

STUDIO A WILL BE CLOSED 3/17-3/24

MONDAY

6:00am Spin (D) – Sarah S
6:00am Wake up YOGA (B) – Patricia
8:00am *Total Body (A) – Karen
8:30am Pilates (B) – Ellen, 3/17 + 3/24 TBA
9:00am *Spin (D) – Vickey
9:00am Step (A) –Karen
9:45am *Senior Circuit (B) – Vicki
10:00am *Body Pump (A) – Debra, 3/17 Michelle
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

6:00am Spin (D) – Kimberly L
6:00am Wake up YOGA (B) – Patricia
8:00am Muscle Mania (A) – Vickey B
8:30am Pilates (B) – Karen, 3/19 Vickey B
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
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, 3/7 Jennifer
8:30am Pilates (B) – New Instructor TBA
9:00am *Spin (D) – Vickey B, 3/14 Paola
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, 3/14 Kim D
12:05pm Stretch & Flex(A)–Vickey B, 3/14 Jennifer
5:00pm TGIF Feel Good Yoga (B) - Patricia

SUNDAY

1:15 pm Zumba (A)- YMCA Instructor
4:00 pm Yoga(B)-3/2 Maria, 3/9 Kimberly L, 3/16 Patricia
3/23 Kimberly L, 3/30 Kim H

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, 3/18 Michelle
8:15am Core Max (A) – Vicki
8:30am Daybreak Yoga (B) – Amy, 3/11 TBA
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, 3/26 TBA
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 Yoga (B)–Amy, 3/13 Kim H, 3/20 + 3/27 Heather
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, 3/28 TBA
6:00pm FUSION X (A) - Becky, 3/6 Jennifer
7:00pm Zumba (A) – Becky, 3/6 TBA

SATURDAY

7:30 Ultimate Fit (A)–Ashley, 3/15 Kimberly L
8:30am Barre (A) – Becky
9:00am *Spin (D)–Mendy, 3/1 TBA
9:30am Zumba (A)- YMCA Instructor

10:30am Yoga (B) – Deb
10:30am *Body Pump (A)-3/1 Angela, 3/8 Michelle, 3/15 Angela, 3/29 Michelle

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.**