



DAVIS FAMILY YMCA

GROUP EXERCISE SCHEDULE

MAY 2025

MONDAY NO CLASSES 5/26

6:00am Spin (D) – Sarah S
8:00am *Total Body (A) – Karen
8:30am Pilates (B) – Ellen
9:00am *Spin (D) – Vickey, 5/5 Chris
9:00am Step (A) –Karen
9:45am *Senior Circuit (B) – Vicki
10:00am *Body Pump (A) – Debra
10:45am Chair Yoga (B) – Randy, 5/5 Deb
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, 5/18 Jennifer
6:30pm Zumba (A) - Becky
6:45pm Mellow Mondays Yoga (B) – Deb

WEDNESDAY

6:00am Spin (D) – Kimberly L, 5/21 Paola
8:00am Muscle Mania (A) – Vickey B, 5/7 Betsy
8:30am Pilates (B) – Karen, 5/28 Ellen
9:00am Cardio Sculpt (A) – Michelle
9:00am *Spin (D) – Chris
9:45am *Senior Circuit (B) – Pam, 5/28 Kim
10:00am *Total Body (A) – Vicki
10:45am Chair Yoga (B) – Randy, 5/7 Ann
11:15am GoLo (A) – Angela, 5/14 Kim
11:45am Senior Classic (B) – Pam, 5/28 Alan
12:15pm Extreme Fit (A) – Jennifer, 5/28 Board Day
6:00pm Cardio Fusion (A) – Nicole
5:30-6:15pm-Introduction to Line Dancing
@ the Y*(B)- Lora *Appt only
6:15-6:30pm – Dancer warm up (B)
6:30pm VLD Level I & Level II Line Dancing (B) - David

FRIDAY

5:15am Body Pump Express (A) – Julie, 5/9 + 5/23 Michelle
8:00am Barre (A) – Becky
8:30am Pilates (B)-Lexie, 5/2 + 5/23 Vickey
9:00am *Spin (D)-Vickey B, 5/2, 5/16 +5/23 Paola
9:00am Tabata (A) – Jennifer, 5/9 Ashley
9:45am *Senior Circuit (B) – Pam
10:00am *Body Pump (A)-Julie,
5/9 Veronica/Lindsey, 5/23 Michelle
10:45am Seated Stretch & Mobility (B)-Jennifer, 5/9 Betsy
11:15am GoLo (A) – Vickey B
12:05pm Stretch & Flex(A)-Vickey B
5:15pm TGIF Feel Good Yoga (B) –Ann, 5/16 TBA

SUNDAY

1:15 pm Zumba (A)-5/4 Paola, 5/11 Maria T,
5/18 Sovanne, 5/25 Becky
4:00 pm Yoga(B)-5/4 Kim L, 5/11 Kim L, 5/18 TBA
5/25 Ann

TUESDAY

5:15am Body Pump (A) – Julie, 5/6 Neeley
8:15am Core Max (A) – Vicki
8:30am Daybreak Yoga (B) – Amy
9:00am Zumba (A) – Becky
9:00am *Spin (D) – Karen, 5/12 + 5/27 Michelle
9:45am *Senior Classic (B) -Vicki
10:00am Barre (A) – Becky
11:00am Yoga (B) – Deb, 4/8 Ann
11:15am Power Barre (A) – Jennifer
1:00pm Senior Strong (A) – Alan, 5/13 Kim
2:00pm **Beginner** Line Dancing (B)-Pam
5:40pm Body Pump (A) – Michelle
6:30pm Zumba (A) – Margaret Anne

6:00pm Doors Open for dancer warm up (B)
6:30-8:00pm VLD Level II & Level III, & Level IV
Line Dancing (B) – David

THURSDAY

5:15am Les Mills CORE (A) – Neeley, 5/29 Veronica
8:05am Triple Threat (A) – Karen, 5/29 TBA
8:30am Yoga (B)-Amy, 5/15 Susan
9:00am Dance IT! (A) - Karen, 5/29 Michelle
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, 5/29 TBA
1:00pm Pedaling for Parkinson's (D) – Ellen/Chris
1:00pm Senior Strong (A) – Alan
6:00pm FUSION X (A) - Becky
7:00pm Zumba (A) – Becky

SATURDAY

7:30 Ultimate Fit (A)-Ashley
8:30am Barre (A) – Becky
9:00am *Spin (D)-Mendy, 5/10 Jason, 5/17 TBA
9:30am Zumba (A)-5/3 Maria T, 5/10 Sovanne
5/17 Paola, 5/24 Becky, 5/31 Nicole
10:30am Yoga (B) – Deb, 5/10 Kim L
10:30am *Body Pump (A)- 5/3 Angela
5/10 Neeley, 5/17 Michelle,**
5/24 Angela, 5/31 Michelle

****5/10 -POP UP LES MILLS CORE with**
Neeley from 11:30-12!!!

Class Location Key

(A) Studio A – Aerobics Room
(B) Studio B – Mind/Body Room
(D) Studio D – Spin Room

Classes with a * require sign up. You can sign
up 24 hours in advance by calling the front desk at 865-777-9622.

*****Samurai Dragons use our Studios on Thursdays (B) 7-8, Fridays (A) 5-6:30 & Sundays (A) 3-5:30**