



DAVIS FAMILY YMCA

GROUP EXERCISE SCHEDULE

JUNE 2025

MONDAY

6:00am Spin (D) – Sarah S
8:00am *Total Body (A) – Karen
8:30am Pilates (B) – Ellen,
9:00am *Spin (D) – Vickey, 6/2 + 6/9 Chris
9:00am Step (A) –Karen
9:45am *Senior Circuit (B) – Vicki
10:00am *Body Pump (A) – Debra, 6/23 Angela
10:45am Chair Yoga (B) – Randy, 6/30 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, 6/2 + 6/23 Kimberly L
6:30pm Zumba (A) – Becky, 6/9 Maria
6:45pm Mellow Mondays Yoga (B) – Deb

WEDNESDAY

6:00am Spin (D) – Kimberly L
8:00am Muscle Mania (A) – Vickey B, 6/4 Michelle
8:30am Pilates (B) – Karen
9:00am Cardio Sculpt (A) – Michelle, 6/25 Jennifer
9:00am *Spin (D) – Chris
9:45am *Senior Circuit (B)–Pam, 6/18 Jennifer
10:00am *Total Body (A) – Vicki
10:45am Chair Yoga (B) – Randy
11:15am GoLo (A) – Angela
11:45am Senior Classic (B) – Pam, 6/4 TBD, 6/18 Alan
12:15pm Extreme Fit (A) – Jennifer, 6/11 Betsy
6:00pm Cardio Fusion (A) – Nicole, 6/25 Kimberly L
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
8:00am Barre (A) – Becky
8:30am Pilates (B) – Lexie
9:00am *Spin (D) – Paola, 6/20 Vickey B
9:00am Tabata (A) – Jennifer
9:45am*Senior Circuit (B)–Pam, 6/13 Betsy, 6/20 Kim D
10:00am *Body Pump (A) – Julie, 6/6 Neeley
10:45am Seated Stretch & Mobility (B) – Jennifer
11:15am GoLo (A) – Vickey B
12:05pm Stretch & Flex(A)–Vickey B
5:15pm TGIF Feel Good Yoga (B) – Ann

SUNDAY

1:15 pm Zumba/REFIT (A)-6/1 Becky, 6/8 Sovanne,
6/15 Paola, 6/22 Nicole, 6/29 Maria
4:00 pm Yoga(B)-6/1 Kimberly L, 6/8 Kimberly L
6/15 Ann, 6/22 Kim H, 6/29 Maria

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, 6/5 Kimberly
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, 6/24 Andrea
11:15am Power Barre (A) – Jennifer
1:00pm Senior Strong (A) – Alan, 6/3 Kim D
2:00pm **Beginner** Line Dancing (B)-Pam
5:40pm Body Pump (A) – Michelle, 6/24 Angela
6:30pm Zumba (A) – Margaret Anne, 6/10 Maria

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

8:05am Triple Threat (A) – Karen
8:30am 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, 6/26 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) – 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
9:30am Zumba/REFIT(A)-6/7 Paola, 6/14Nicole,
6/21 Sovanne, 6/28 Becky
10:30am Yoga (B) – Deb, 6/28 Andrea
10:30am *Body Pump (A)–6/7 +6/14 Michelle
6/21+ 6/28 Angela

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**