



DAVIS FAMILY YMCA

GROUP EXERCISE SCHEDULE

JULY 2025

MONDAY

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 (7/11 Ellen)
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 (7/14 TBA)
6:30pm Zumba (A) - Becky
6:45pm Mellow Mondays Yoga (B) – Deb (7/21 Paola)

WEDNESDAY

6:00am Spin (D) – Kimberly L (7/2 TBA)
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 (7/2 TBA)
11:15am GoLo (A) – Angela (7/30 TBA)
11:45am Senior Classic (B) – Pam
12:15pm Extreme Fit (A) – Jennifer (7/16 Alex)
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 – No Classes 7/4

5:15am Body Pump Express (A) – Julie (7/25 Michelle)
8:00am Tone It Up (A) – Alan ** NEW
8:30am Pilates (B) – Lexie (7/25 Vickey)
9:00am *Spin (D)-7/11 Vickey B (7/18 & 7/25 Paola)
9:00am Tabata (A) – Jennifer (7/18 Ashley)
9:45am *Senior Circuit (B) – Pam
10:00am *Body Pump (A) – Julie, 7/11 +7/25 Neeley
10:45am Seated Stretch & Mobility (B)-Jennifer (7/18 TBA)
11:15am GoLo (A) – Vickey B (7/18 Kim D)
12:05pm Stretch & Flex(A)-Vickey B, 7/18 No Class
5:15pm TGIF Feel Good Yoga (B) – Ann

SUNDAY

1:15 pm Zumba/REFIT (A)-7/6 Maria T, 7/13 Becky,
7/20 Nicole, 7/27 Paola
4:00 pm Yoga(B)-7/6 TBA, 7/13 Kim L,
7/20 Maria S, 7/27 Kim L

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 (7/8 & 7/22 Andrea)
11:15am Power Barre (A) – Jennifer (7/15 Kim D)
12:15pm POP UP Les Mills BodyBalance (A) Andrea
1:00pm Senior Strong (B) – Alan
2:00pm **Beginner** Line Dancing (B)-Pam
6:30pm Zumba (A) – Margaret Anne (7/15 TBA)
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 (7/17 Michelle)
9:45am *Senior Classic (B) – Vicki
10:15am *Body Pump (A)-Michelle
11:00am Yoga (B) – Deb, 7/24 Andrea
11:15am Power Barre (A) – Jennifer, (7/17 Kim D)
Pedaling for Parkinson's (D) – Ellen/Chris
1:00pm Senior Strong (B) – Alan
6:00pm FUSION X (A) - Becky
7:00pm Zumba (A) – Becky

SATURDAY – No Classes 7/26

7:30 Ultimate Fit (A)-Ashley
8:30am Barre (A) – Becky
9:00am *Spin (D)-Mendy
9:30am Zumba/REFIT(A)- 7/5 Nicole, 7/12 Paola,
7/19 Becky
10:30am Yoga (B) – Deb, 7/19 Randy
10:30am *Body Pump (A)- 7/5 Michelle,
7/12 Angela, 7/19 New Release Neeley & Veronica
11:30-12 New Release CORE (A) with
Neeley & Veronica 7/19

Class Location Key

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

POP UP LES MILLS SPRINT-Thurs 7/10, Wed 7/16, Thurs 7/24 & Wed 7/30 all at 6pm with Michelle!