



DAVIS FAMILY YMCA

GROUP EXERCISE SCHEDULE

JULY 2025

MONDAY

7:00am Wake Up Yoga (B) - Patrycia
8:00am *Total Body (A) - Karen (8/4 Paola)
8:30am Pilates (B) - Ellen (8/18 TBA)
9:00am *Spin (D) - Vickey
9:00am Step (A) - Karen
9:45am *Senior Circuit (B) - Vicki (8/25 Alan)
10:00am *Body Pump (A) - Debra
10:45am Chair Yoga (B) - Randy
11:00am *Indo-Row (D) -Chris
11:15am GoLo Zumba (A) - Vicki (8/25 Kim D)
11:45 Senior Classic (B) - Pam
12:45-2:00pm **Intermediate** Line Dancing (A) -Pam
1:00pm Pedaling for Parkinson's (D) - Ellen/Chris
1:00pm Senior Strong2 (B) - Rachel ****NEW**
5:30pm Tabata (A) - Ashley
6:30pm Zumba (A) - Becky
6:45pm Mellow Mondays Yoga (B) - Deb (8/11 Ann)

WEDNESDAY

7:00am Wake Up Yoga (B) - Patrycia
6:00am Spin (D) - Kimberly (8/6 TBA)
8:00am Muscle Mania (A) - Vickey B
8:30am Pilates (B) - Karen (8/6 Jennifer)
9:00am Cardio Sculpt (A) - Michelle
9:00am *Spin (D) - Chris
9:45am *Senior Circuit (B) - Pam (8/6 + 8/20 Jennifer)
10:00am *Total Body (A) - Vicki (8/27 TBA)
10:45am Chair Yoga (B) - Randy
11:15am GoLo (A) - Angela (8/20 Kim D)
11:45am Senior Classic (B) - Pam (8/6 + 8/20 Alan)
12:15pm Extreme Fit (A) - Jennifer
1:00pm Senior Strong2 (B) - Rachel ****NEW**
6:00pm Cardio Fusion (A) - Nicole
5:30-6:15pm-Intro to Line Dance@ 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 LM Body Pump Express (A) - Julie
8:00am Tone It Up (A) - Alan
8:30am Pilates (B) - Lexie
9:00am *Spin (D)- Vickey B
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
12:05pm Stretch & Flex(A)-Vickey B
5:15pm TGIF Feel Good Yoga (B) - Patrycia

SUNDAY

1:15 pm Zumba/REFIT (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 LM Body Pump (A) - Julie
8:15am Core Max (A) - Vicki (8/26 Becky)
8:30am Daybreak Yoga (B) - Amy (8/5 Annabele)
9:00am Zumba (A) - Becky
9:00am *Spin (D) - Karen (8/5 Michelle)
9:45am *Senior Classic (B) -Vicki (8/26 Alan)
10:00am Barre (A) - Becky
11:00am Yoga (B) - Deb (8/12 Ann)
11:15am Power Barre (A) - Jennifer
12:15pm Les Mills BodyBalance (A) - Andrea
1:00pm Senior Strong (B) - Alan
2:00pm **Beginner** Line Dancing (B)-Pam
5:40pm Body Pump (A) - Michelle
6:30pm Zumba (A) - Margaret Anne
6:30-8:00pm VLD Level II & Level III, & Level IV
Line Dancing (B) - David

THURSDAY

8:05am Triple Threat (A) - Karen (8/7 Ashley)
8:30am Yoga (B)-Amy
9:00am Dance IT! (A) - Karen (8/7 Michelle)
9:00am *Spin (D) - Chris
9:45am *Senior Classic (B) - Vicki (8/28 Alan)
10:15am *LM Body Pump (A)-Michelle
11:00am Yoga (B) - Deb (8/14 Ann)
11:15am Power Barre (A) - Jennifer
1:00pm Pedaling for Parkinson's (D) - Ellen/Chris
1:00pm Senior Strong (B) - Alan
6:00pm Les Mills SPRINT (D) - Michelle ****NEW**
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 (8/2 TBA)
9:30am Zumba/REFIT(A)-YMCA INSTRUCTOR

10:30am Yoga (B) - Deb (8/9 + 8/16 TBA)
10:30am *LM Body Pump (A)- YMCA INSTRUCTOR

4:00 pm Yoga(B)-YMCA INSTRUCTOR ****NEW**

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**