



DAVIS FAMILY YMCA

GROUP EXERCISE SCHEDULE

SEPTEMBER 2025

MONDAY NO CLASSES 9/1 Labor Day

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 (9/8 Deb)
11:00am *Indo-Row (D) -Chris (9/22 + 9/29 Ellen)
11:15am GoLo Zumba (A) – Vicki
11:45 Senior Classic (B) – Pam (9/8 + 9/15 Kim D)
12:45pm **Intermediate** Line Dancing (A)-Pam(No Class 9/8, 9/15)
1:00pm Pedaling for Parkinson's (D) – Ellen/Chris
1:00pm Senior Strong Plus (B) – Rachel
5:30pm Tabata (A) – Ashley (9/22 Kimberly L)
6:30pm Zumba (A) - Becky
6:45pm Mellow Mondays Yoga (B) – Deb (9/22 Ann)

WEDNESDAY

6:00am Spin (D) – Kimberly L
8:00am Muscle Mania (A) – Vickey B (9/10 + 9/24 Michelle)
8:30am Pilates (B) – Karen
9:00am Cardio Sculpt (A) – Michelle
9:00am *Spin (D) – Chris (9/24 Leland)
9:45am *Senior Circuit (B) – Pam (9/3 + 9/10 Lisa)
10:00am *Total Body (A) – Vicki (9/3 Jennifer)
10:45am Chair Yoga (B) – Randy (9/3 + 9/10 Ann)
11:15am GoLo (A) – Angela
11:45am Senior Classic (B) – Pam (9/3 + 9/10 Lisa)
12:15pm Extreme Fit (A) – Jennifer (9/3 BOARD)
1:00pm Senior Strong Plus (B) – Rachel
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 (9/19 Paola)
9:00am Tabata (A) – Jennifer
9:45am *Senior Circuit (B) – Pam (9/5 Lisa, 9/12 Kim D)
10:00am *Body Pump (A) – Julie (9/5 + 9/12 Neeley)
10:45am Seated Stretch & Mobility (B)-Jennifer
11:15am GoLo (A) – Vickey B (9/19 Michelle)
12:05pm Stretch & Flex(A)-Vickey B (9/19 Will)
5:15pm TGIF Feel Good Yoga (B) – Patrycia (9/12 TBA)

SUNDAY

1:15 pm **Zumba/REFIT** (A)-9/7 Nicole, 9/14 Maria T,
9/21 Becky, 9/28 Sovanne
4:00 pm Yoga(B)-9/7 Patrycia, 9/14 Maria S,
9/21 Kimberly L, 9/28 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 LM Body Pump (A) – Julie
8:15am Core Max (A) – Vicki (9/2 Becky)
8:30am Daybreak Yoga(B)-Amy
9:00am Zumba (A) – Becky
9:00am *Spin (D) – Karen
9:45am *Senior Classic (B) -Vicki (9/2 Alan)
10:00am Barre (A) – Becky
11:00am Yoga (B) – Deb (9/23 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 (No class 9/9)
5:40pm Body Pump (A) – Michelle
6:30pm Zumba (A) – Margaret Anne (9/9 TBA)
6:30-8:00pm VLD Level II & Level III, & Level IV
Line Dancing (B) - David

THURSDAY

5:30am LM BodyBalance (B) – Neeley
8:05am Triple Threat (A) – Karen
8:30am Yoga (B)-Amy
9:00am Dance IT! (A) – Karen
9:00am *Spin (D) – Chris (9/25 Michelle)
9:45am *Senior Classic (B) – Vicki (9/4 Alan)
10:15am *LM Body Pump (A)-Michelle
11:00am Yoga (B) – Deb (9/18 Paola)
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
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 (9/13 Kimberly L)
9:30am Zumba (A)- Paola (9/6 Maria)
10:30am Yoga (B) – Deb (9/20 Randy)
10:30am *LM Body Pump (A) – 9/6 Michele,
9/13 Angela, 9/20 Michelle, 9/27 Angela
4:00 pm Yoga(B)- Patrycia (9/13 TBA)

Class Location Key

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