



DAVIS FAMILY YMCA

GROUP EXERCISE SCHEDULE

OCTOBER 2025

MONDAY

8:00am *Total Body (A) – Karen
8:30am Pilates (B) – Ellen (10/6 BodyBalance Andrea)
9:00am *Spin (D) – Vickey (10/20 Chris)
9:00am Step (A) –Karen
9:45am *Senior Circuit (B) – Vicki
10:00am *Body Pump (A) – Debra (10/6 Michelle)
10:45am Chair Yoga (B) – Randy (10/6 + 10/13 Deb)
11:00am *Indo-Row (D) -Chris (10/6 Vickey B)
11:15am GoLo Zumba (A) – Vicki
11:45 Senior Classic (B) – Pam (10/6 Lisa)
12:45pm **Intermediate** Line Dancing (A)-Pam
1:00pm Pedaling for Parkinson's (D) – Ellen/Chris
1:00pm Senior Strong Plus (B) – Rachel
5:30pm Tabata (A) – Ashley (10/6 + 10/27 Kimberly L)
6:30pm Zumba (A) – Becky (10/6 Maria)
6:45pm Mellow Mondays Yoga (B) – Deb

WEDNESDAY

6:00am Spin (D) – Kimberly L
8:00am Muscle Mania (A) – Vickey B (10/22 Michelle)
8:30am Pilates (B) – Karen
9:00am Cardio Sculpt (A) – Michelle
9:00am *Spin (D) – Chris (10/1 + 10/8 Leland)
9:45am *Senior Circuit (B) – Pam
10:00am *Total Body (A) – Vicki
10:45am Chair Yoga (B) – Randy (10/8 Ann, 10/15 Jennifer)
11:15am GoLo (A) – Angela (10/8 Jennifer)
11:45am Senior Classic (B) – Pam
12:15pm Extreme Fit (A) – Jennifer
1:00pm Senior Strong Plus (B) – Rachel
6:00pm Cardio Fusion (A) – Nicole
5:15-6:15 -Introduction to line dancing at the YMCA (B)
6:30-8:00 pm - Level I & Level II Line Dancing (B)

FRIDAY

5:15am LM Body Pump Exp (A)Julie (10/17 Michelle, 10/24 Neeley)
8:00am Tone It Up (A) – Alan
8:30am Pilates (B) – Lexie
9:00am *Spin (D)– Vickey B(10/17 + 10/24 Paola)
9:00am Tabata (A) – Jennifer
9:45am *Senior Circuit (B) – Pam
10:00am *Body Pump (A) – Julie (10/24 Neeley)
10:45am Seated Stretch & Mobility (B)–Jennifer
11:15am GoLo (A) – Vickey B (10/17 Vicki, 10/24 Karen)
12:05pm Stretch & Flex(A)–Vickey B (10/17 Vicki, 10/24 Karen)
5:15pm TGIF Feel Good Yoga (B) – Ann

SUNDAY NO CLASSES 10/26 Fall Festival!

1:15 pm **Zumba/REFIT** (A)- 10/5 Maria T, 10/12 Nicole,
10/19 Becky
4:00 pm Yoga(B)-10/5 Kimberly L, 10/12 Ann,
10/19 Maria S.

TUESDAY

5:15am LM Body Pump (A) – Julie (10/7 Neeley)
8:15am Core Max (A) – Vicki
8:30am Daybreak Yoga(B)–Amy (10/2 Kimberly H)
9:00am Zumba (A) – Becky (10/7 Lisa)
9:00am *Spin (D) – Karen
9:45am *Senior Classic (B) -Vicki
10:00am Barre (A) – Becky (10/7 Betsy)
11:00am Yoga (B) – Deb
11:15am Power Barre (A) – Jennifer
12:15pm Les Mills BodyBalance (A) - Andrea
1:00pm Senior Strong (B) – Alan (10/14 Lisa)
2:00pm **Beginner** Line Dancing (B)-Pam
5:40pm Body Pump (A) – Michelle
6:30pm Zumba(A)–Margaret Anne(10/14 Paola, 10/21 Lisa)
6:00 pm - Doors open, for dancer warm up (B)
6:30-8:00pm-Level II, Level III & Level IV Line Dancing (B)

THURSDAY

5:30am LM BodyBalance (B) – Neeley
8:05am Triple Threat (A) – Karen
8:30am Yoga (B)–Amy (10/2 Kimberly H)
9:00am Dance IT! (A) – Karen
9:00am *Spin (D) – Chris (10/2 Vickey B, 10/9 Will)
9:45am *Senior Classic (B) – Vicki (10/30 Kim D)
10:15am *LM Body Pump (A)–Michelle
11:00am Yoga (B) – Deb (10/9 Ann, 10/23 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 (10/2 + 10/9 Jennifer)
7:00pm Zumba (A) – Becky (10/2 +10/9 Maria)

SATURDAY

7:30 Ultimate Fit(A)–Ashley (10/4 Jason, 10/11 Kimberly L)
8:30am Barre (A) – Becky (10/4 Betsy, 10/11 Kim D)
9:00am *Spin (D)–Mendy(10/4, 10/11, 10/25 Kim L)
9:30am Zumba (A)- Paola (10/4 Lisa, +10/11 Maria)
10:30am Yoga (B)–Deb (10/11 Kimberly L, 10/25 Randy)
10:30am *LM Body Pump (A)–10/4 YMCA 360,
10/11 Angela, 10/18 Michelle, 10/25 Michelle

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.