



# DAVIS FAMILY YMCA

## GROUP EXERCISE SCHEDULE

### JANUARY 2025

**NO REGULAR CLASSES 1/1-Special Class at 10am**

#### MONDAY

**8:00am \*Total Body (A) – Karen**  
 8:30am Pilates (B) – Ellen  
**9:00am \*\*\*Spin (D) – Vickey**  
 9:00am Step (A) –YMCA Instructor  
**9:45am \*Senior Circuit (B) – Vicki**  
**10:00am \*Body Pump (A) – Debra**  
 10:45am Chair Yoga (B) – Randy  
**11:00am \*\*\*Indo-Row (D) -Chris**  
 11:15am GoLo Zumba (A) – Vicki  
 11:45 Senior Classic (B) – Pam  
 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  
 6:30pm Zumba (A) – Becky  
 6:45pm Mellow Mondays Yoga (B) – Deb

#### WEDNESDAY

6:00am Spin (D) – Kimberly L  
 8:00am Muscle Mania (A) – Vickey B  
 8:30am Pilates (B) – YMCA Instructor  
 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  
 11:15am GoLo (A) – Angela  
 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 Body Pump Express (A) – Julie  
 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) - Ann

#### SUNDAY

1:15 pm Zumba/REFIT (A)- YMCA Instructor  
 4:00 pm Yoga(B)- YMCA Instructor

**\*\*\*These classes have "in App" Sign**

**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  
 8:30am 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  
 11:15am Power Barre (A) – Jennifer  
 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 – Jan 1/ no classes see below for special

5:30am Les Mills Body Balance (B) – Neeley  
 8:05am Triple Threat (A) – Karen  
 8:30am Yoga (B)-Amy  
 9:00am Dance IT! (A) - Karen  
**9:00am \*\*\*Spin (D) – Chris**  
**9:45am \*Senior Classic (B) – Vicki**  
**10:15am \*Body Pump (A)-Michelle**  
 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 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**  
 9:30am Zumba (A)- Paola  
 10:30am Yoga (B) – Deb  
**10:30am \*Body Pump (A)- YMCA Instructor**

#### Class Location Key

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

**\*\*See the YMCA360 App for any class subs**

**January 1<sup>st</sup> – BRING IN THE NEW YOU with Paola in Studio A – starting at 10am with a 45 min Zumba with a 30 min Total Body to follow**