



# DAVIS FAMILY YMCA

## GROUP EXERCISE SCHEDULE

### MARCH, 2026

#### 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**  
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  
**6:30pm \*\*\*MOWL/Intelligent Cycle (D) - Sam\*\*NEW**  
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) – 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  
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  
8:00am Extreme Fit (A) -Jennifer\*\*NEW  
**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 require 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) – YMCA Instructor  
**6:45pm \*\*\*Les Mills SPRINT (D)-Michelle\*\*NEW**  
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) – Mindy  
**10:30am \*Body Pump (A)- YMCA Instructor**

**\*\*NEW**

8:45am INTRO TO ZUMBA (B) -Paola (1<sup>st</sup> Sat each month)

#### 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**