



DAVIS FAMILY YMCA

GROUP EXERCISE SCHEDULE

APRIL 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**
 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)
6:30pm* MOWL/Intelligent Cycle (D) –**
4/15 Vickey & 4/29 Paola -POP UP
 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
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 NO CLASSES 4/5 (EASTER)

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**
 6:30-8:00pm VLD Level II & Level III, & Level IV
 Line Dancing (B) - David

THURSDAY

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 NO CLASSES 4/4 (EASTER BASH)

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

8:45am INTRO TO ZUMBA (B) -Paola (4/11)

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**