



DAVIS FAMILY YMCA

GROUP EXERCISE SCHEDULE

JULY 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)
6:30-8:00 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 (7/3 SPECIAL CLASS)**
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
5:30pm TGIF Feel Good Yoga (B) – Ann ****New Time**

SUNDAY

1:15 pm Zumba/REFIT (A)- 7/5 Maria T, 7/12 Nicole
7/19 Becky, 7/26 Maria T
4:00 pm Yoga(B)- 7/5 YMCA Inst, 7/12 Patrycia
7/19 Neeley, 7/26 Maria S

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**

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

July 4th – NO CLASSES

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)- 7/11 + 7/25 Angela
7/18 Michelle

8:45am INTRO TO ZUMBA (B) -Paola (7/11)

Class Location Key

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

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

*** Classes require sign up 24 hours in advance by calling the front desk at 865-777-9622.**

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