DAVIS FAMILY YMCA

GROUP EXERCISE SCHEDULE

NOVEMBER 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
10:30am ***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

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 (A) – Alan
2:00pm **Beginner** Line Dancing (B)-Pam
5:40pm Body Pump (A) – Michelle
6:30pm Zumba (A) – Maria T
6:45pm ***Les Mills SPRINT (D)-Michelle

WEDNESDAY 11/25 Preburn only

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 ***Easy Rider (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)

THURSDAY 11/26 CLOSED/No classes

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 TOTAL BODY WAVE (A) - Becky
7:00pm Zumba (A) – Becky

FRIDAY 11/27 Turkey Burn only

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
5:130pm TGIF Feel Good Yoga (B) - Ann

SATURDAY

7:30 Ultimate Fit (A)–Ashley
8:30am Barre (A) – Becky
9:00am ***Spin (D)–Mendy
9:30am Zumba (A)- Lisa/Maria T (for Paola)
10:30am Yoga (B) – Mindy
10:30am *Body Pump (A)- YMCA Instructor

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.**

11/25 Pre-Burn Kick & Flow W/Sadie @ 9, Spin @ 9 & Total Body @ 10 w/Karen

Class Location Key

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

11/27 Turkey Burn: Warrior meets Barre w/Becky @9