



GROUP EXERCISE SCHEDULE-DAVIS Y October 2020

Monday –

8:00 am Water Aerobics (pool) – Vickey B
8:05 am Total Body (A) –Karen
8:30 am Pilates(B) – Ellen
9:00 am Spin (D)-Vickey
9:00 am Step (A) – Karen
9:45 am Senior Circuit (B)-Vicki, 10/19 Rachel
10:00 am Strength Train Together (A) – Debra, 10/12 Jennifer
10:45 am Chair Yoga (B) – Randy
11:00 am Indo-Row (D) – Chris
11:15 am GoLo (A)-10/5+10/19 Vickey 10/12+10/26 Vicki
11:45 am Senior Classic (B)- Pam
12:30-2:00 pm Line Dancing (A)-Pam
1:00 am Pedaling for Parkinson’s (D)- Ellen/Chris
Muscle Mania is on vacation
6:00 pm Spin (D) –Sarah
6:30 Zumba (A)-Margaret Anne, 10/5+10/19 Sovanne
7:00 pm Yoga is on vacation

Wednesday–

6:00 am Spin is going on summer vacation
8:00 am Water Aerobics (pool) –Julie
8:00 am Muscle Mania (A)-Vickey B, 10/21 Karen
8:30 am Pilates(B) – Ellen
9:00 am Cardio Sculpt (A) – Karen
9:00 am Spin (D) – Chris, 10/14 Michael
9:45 am Senior Circuit (B) – Pam
10:00 am Total Body (A) –Vicki
10:45 am Yoga-lite (B) – Nancy
11:00 am Water Aerobics (pool)-Rachel
11:15 am GoLo (A)-Angela, 10/14 Vicki
11:45 pm Senior Classic (B) –Pam
6:00 pm Muscle Mania (A) – Nicole
7:00 pm Yoga is going on summer vacation

Friday–

8:00 am Water Aerobics (pool)-Vickey
8:00 am Barre (A) – Becky B, 10/23 Jennifer
8:30 am Pilates (B) – Frannie, 10/2 Ellen
9:00 am Spin is on vacation
9:00 am (A) –Tabata-Shannon
9:45 am Senior Circuit (B) –Pam
10:00 am Strength Train Together (A) – Starr, 10/9+10/16 Jennifer
10:45 am Chair Yoga (B) – Nancy, 10/2 Mickie
11:15 am GoLo Zumba (A)- Vicki
12:30pm Advanced Line Dancing Workshop (A)-David

Sunday–

1:15 pm Zumba (A) –10/4 Becky, 10/11 Sovanne, **10/18 OPEN**, 10/25 Nicole
4:00 pm Yoga (B) – Randy

Tuesday –

8:00 am Water Aerobics (Pool)-Jennifer
8:15 am Core Max (A)-Vicki
8:30 am Yoga (B) – Amy
9:00am Spin is on vacation
9:00 am Zumba (A) –Becky B, 10/20 Vicki
9:45 am Senior Classic (B) –Vicki, 10/20 Pam
10:05 am Barre (A) – Becky B, 10/20 Jennifer
11:00 am Yoga (B) – Deb
11:00 am Water Aerobics (pool)-Stephanie
2:00 pm Line Dancing (B)- Pam
6:30 pm Zumba(A) – Becky, 10/20 Margaret Anne

Thursday–

8:00 am Water Aerobics (Pool)-Jennifer
8:15 am Core Max (A)-Karen
8:30 am Daybreak Yoga (B) – Amy
9:00 am Dance IT! (A) – Karen
Spin is on vacation
9:45 am Senior Classic (B) – Teresa, 10/1 Rachel, 10/22 Pam
10:15 am On the Ball (A) – Vicki
11:00 am Yoga (B) –Deb
11:00 am Water Aerobics (pool)-Stephanie
1:00 am Pedaling for Parkinson’s (D)- Ellen/Chris
1:00 pm Senior Circuit (B) – Rachel P, 10/15 Vicki
6:00 pm Total Body (A) – Becky B, 10/22 Jennifer
7:00 pm Zumba (A) – Becky B, 10/22 Sovanne

Saturday–

7:30 am Ultimate Fit (A)-Jason
8:00 am Water Aerobics (pool)-Andrea
8:30 am Barre (A)-Becky
9:30 am Zumba (A)-10/3 Margaret Anne 10/10+10/31 Sovanne, 10/17 Becky
10/24 Nicole
9:00 am Spin/Core (D)- Michael
10:30 am Yoga (B) – Deb

Class Location Key

- (A) – Studio A, Aerobics Room
- (B) – Studio B, Mind Body Room
- (D) – Studio D, Spin Room
- (pool) – Pool (Access through locker rooms)

Occasionally a class may need to move to another area, we will do our best to let the front desk staff know of any location changes.