



GROUP EXERCISE SCHEDULE-DAVIS Y November 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, 11/9 Teresa
 10:00 am Strength Train Together (A) – Debra
 10:45 am Chair Yoga (B) – Randy
 11:00 am Indo-Row (D) – Chris
 11:15 am GoLo (A)-11/2, 11/16+11/30 Vicki, 11/9+11/23 Vickey
 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
 6:00 pm Spin (D) –Sarah
 6:30 Zumba (A)-Margaret Anne

Tuesday –

8:00 am Water Aerobics (Pool)-Jennifer
 8:15 am Core Max (A)-Vicki, 11/10 Becky
 8:30 am Yoga (B) – Amy
 9:00 am Zumba (A) –Becky B
 9:45 am Senior Classic (B) –Vicki, 11/10 Teresa
 10:05 am Barre (A) – Becky B
 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

Wednesday–

8:00 am Water Aerobics (pool) –Julie
 8:00 am Muscle Mania (A)-Vickey B
 8:30 am Pilates(B) – Ellen, 11/25 Pam
 9:00 am Cardio Sculpt (A) – Karen
 9:00 am Spin (D) – Chris
 9:45 am Senior Circuit (B) – Pam
 10:00 am Total Body (A) –Vicki, 11/11 Jennifer
 10:45 am Yoga-lite (B) – Nancy
 11:00 am Water Aerobics (pool)-Rachel
 11:15 am GoLo (A)-Angela
 11:45 pm Senior Classic (B) –Pam
 6:00 pm Muscle Mania (A) – Nicole

Thursday– The Y will be closed Thanksgiving Day

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
 9:45 am Senior Classic (B) – Teresa
 10:15 am On the Ball (A) – Vicki, 11/12 Vickey
 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
 6:00 pm Total Body (A) – Becky B
 7:00 pm Zumba (A) – Becky B

Friday– No classes 11/27

8:00 am Water Aerobics (pool)-Vickey
 8:00 am Barre (A) – Becky B
 8:30 am Pilates (B) – Frannie
 9:00 am (A) –Tabata-Jennifer
 9:45 am Senior Circuit (B) –Pam
 10:00 am Strength Train Together (A) – Starr
 10:45 am Chair Yoga (B) – Nancy
 11:15 am GoLo Zumba (A)- Vicki, 11/13 Vickey

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)-11/7+11/21 Sovanne, 11/14+11/28 Becky
 9:00 am Spin/Core (D)- Michael
 10:30 am Yoga (B) – Deb

Sunday–

1:15 pm Zumba (A) –11/1+11/29 Nicole, 11/8+11/22 Sovanne, 11/15 Becky
 4:00 pm Yoga (B) – Randy, NO CLASS 11/29

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.