



## GROUP EXERCISE SCHEDULE-DAVIS Y November 2021

### Monday –

8:05 am Total Body (A) –Karen  
 8:30 am Pilates(B) – Ellen  
 9:00 am Spin (D)-Vickey, 11/22 Chris  
 9:00 am Step (A) – Karen  
 9:45 am Senior Circuit (B)-Vicki  
 10:00 am Group Power (A) – Debra  
 10:45 am Chair Yoga (B) – Randy  
 11:00 am Indo-Row (D) – Chris  
 11:15 am GoLo Zumba (A)- Vicki  
 11:45 am Senior Classic (B) - Pam  
 12:30-2:00 pm Line Dancing (A)-Pam  
 1:00 pm Pedaling for Parkinson’s (D)- Ellen/Chris  
 5:30 pm Tabata (A) – Jennifer  
 6:30 pm Zumba (A)-Margaret Anne  
 6:45 pm Yoga (B) – Deb

### Tuesday –

8:15 am Core Max (A)-Vicki  
 8:30 am Yoga (B) – Amy  
 9:00 am Zumba (A) –Becky B, 11/30 Vicki  
 9:45 am Senior Classic (B) –Vicki, 11/30 Jennifer  
 10:05 am Barre (A) – Becky B, 11/30 Vicki  
 11:00 am Yoga (B) – Deb  
 2:00 pm Beginner Line Dancing (B)- Pam  
 5:45 Ultimate Fit BOOTCAMP (A) - Jennifer  
 6:30 pm Zumba (A) – Becky, 11/30 TBD

### Wednesday–

8:00 am Muscle Mania (A)-Vickey, 11/24 Kimmie  
 8:30 am Pilates(B) – Ellen  
 9:00 am Cardio Sculpt (A) – Karen  
 9:00 am Spin (D) – Chris, 11/24 Michael  
 9:45 am Senior Circuit (B) – Pam,  
 10:00 am Total Body (A) –Vicki  
 10:45 am Chair Yoga (B)- Randy, 11/10 Jennifer  
 11:15 am GoLo (A)-Angela  
 11:45 pm Senior Classic (B) –Pam  
 5:30 - 6:00 pm Cardio Fusion (A) – Jennifer  
 6:00 pm Muscle Mania (A) – Nicole

### Thursday–

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  
 11:00 am Yoga (B) –Deb  
 1:00 pm Pedaling for Parkinson’s (D)- Ellen/Chris  
 1:00 pm Senior Circuit (B) – Rachel  
 6:00 pm Total Body (A) – Becky B  
 7:00 pm Zumba (A) – Becky B

**NO EVENING CLASSES 11/24**

**NO CLASSES-YMCA CLOSED 11/25**

### Friday–

8:00 am Barre (A) – Becky B  
 8:30 am Pilates (B) –Frannie  
 9:00 am (D) Spin (D)-Vickey  
 9:00 am (A) –Tabata-Jennifer  
 9:45 am Senior Circuit (B) –Pam  
 10:00 am Group Power (A) – Starr  
 11:15 am GoLo (A)– Vickey

**NO CLASSES 11/26**

### Saturday-

7:30 am Ultimate Fit (A)–Jason  
 8:30 am Barre (A)-Becky, 11/13 Jennifer  
 9:00 am Spin/Core (D)- Michael, 11/13 Kim L.  
 9:30 am Zumba (A)-11/6 Jackie, 11/13 Margaret Anne, 11/20, Sovanne 11/27 Becky  
 10:30 am Yoga (B) – Deb

### Sunday-

1:15 pm Zumba (A) – 11/7 Becky, 11/14 Sovanne, 11/21 Jackie, 11/28 Becky  
 4:00 pm Yoga (B) –11/7 Kimberly, 11/14 Frannie, 11/21 Randy, 11/28 Maria

\*Please call (865) 777-9622 or ask front desk staff  
 To sign up 24 hours in advance for classes highlighted  
 In blue.

### Class Location Key

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

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.

\*\*Please see the Aquatics Schedule for all Water Aerobics classes.