



## GROUP EXERCISE SCHEDULE-DAVIS Y October 2019

### Monday –

8:00 am H2O Aerobics (pool) – Vickey B  
8:00 am Strength Train Together (A) –Debra  
8:30 am Pilates(B) – Ellen  
9:00 am Spin (D) – Rachel, 10/28 Michael  
9:10 am Advanced Step (A) – Karen 10/28 Vickey  
9:45 am SilverSneakers Circuit (B)–Vicki, 10/28 Angie  
10:10 am Total Body (A) – Karen, 10/28 Vicki  
10:45 am Chair Yoga (B) – Randy, 10/7+10/14 Nancy  
11:00 am Indo-Row (D) – Chris, 10/14 Ellen  
11:00 am Senior Water (pool) – Sue  
11:15 am GoLo (A) – Vicki, 10/14 Vickey  
11:45 am SilverSneakers Classic (B)– Pam, 10/14 Teresa, 10/21+10/28 Angie  
12:30-2:00 pm Intermediate Line Dancing (A)–Pam  
1:00 am Pedaling for Parkinson’s (D)- Ellen/Chris/Stephanie  
5:30 pm Fitness Fusion (A)- Kelly  
6:00 pm Spin (D) –Sarah  
6:00 pm Power Up Fitness–Margaret  
6:30 Zumba (A)–Margaret Anne  
7:00 pm Yoga (B) – Deb

### Tuesday –

8:15 am Core Max (A)–Frannie  
8:00 am H2O Aerobics (pool) –Lori  
8:30 am Daybreak Yoga (B) – Amy  
9:00am Spin (D) –Frannie  
9:00 am Zumba (A) –Becky B, 10/8 Karen  
9:45 am SilverSneakers Classic (B) –Vicki  
10:05 am Bender Barre (A) – Becky B, 10/8 Rachel  
11:00 am Yoga (B) – Deb  
11:00 am Senior Water (pool) –Stephanie  
1:00 pm SilverSneakers Circuit (B) – Vicki  
2:00 pm Beginning Line Dancing (B)- Pam  
**Spin is cancelled at 5:45 due to low attendance**  
6:30 pm Zumba(A) – Becky, 10/8 Margaret Anne  
7:00 pm Intermediate/Advanced Line Dancing (B) – David

### Wednesday–

6:00 am Spin (D) – Kim  
8:00 am H2O Aerobics (pool) –Stephanie  
8:00 am Muscle Mania (A)–Vickey B  
8:30 am Pilates (B) – Pam, 10/16+10/23 Ellen, 10/30 Sarah  
9:00 am Cardio Sculpt (A) – Karen, 10/29 Cardio Sculpt  
9:00 am Spin (D) – Chris, 10/16 Vickey  
9:45 am SilverSneakers Circuit (B) – Pam, 10/16+10/30 Angie, 10/23 Teresa  
10:00 am Total Body (A) –Vicki  
10:45 am Yoga-lite (B) – Nancy  
11:00 am Senior Water (pool) – Stephanie  
11:15 am GoLo (A)–Angela, 10/2+10/9 Vickey  
11:45 pm Silver Sneakers Classic (B) –Pam, 10/16, 10/23+10/30 Teresa  
12:30 pm Intermediate Line Dancing (A)–Diane  
6:00 pm Power Up Fitness–Lexi  
6:00 pm Tone It Up! (A) – Nicole, 10/9 Karen  
7:00 pm Yoga (B) – Nancy

### Thursday–

8:15 am Core Max (A)–Vicki, 10/17 Kendalyne  
8:00 am H2O Aerobics (pool) – Lori H  
8:30 am Daybreak Yoga (B) – Amy  
9:00 am Dance IT! (A) – Karen, 10/24 Becky  
9:00 am Spin (D) – Chris, 10/17 Kendalyne  
9:45 am SilverSneakers Classic (B) – Teresa P, 10/17 Vicki  
10:15 am On the Ball (A) – Vicki, 10/17 Becky  
11:00 am Yoga (B) –Deb  
11:00 am Senior Water (pool) –Stephanie  
1:00 am Pedaling for Parkinson’s (D)– Ellen/Chris  
1:00 pm SilverSneakers Circuit (B) – Pam 10/17+10/31 Vicki, 10/24 Teresa  
6:15 pm Total Body (A) – Becky B, 10/10 Amanda  
7:00 pm Zumba (A) – Becky B, 10/10 Suzette

### Friday–

8:00 am H2O Aerobics (pool)–Andrea  
8:00 am LeBarre Class (A) – Becky B, 10/11 Rachel  
8:30 am Pilates (B) – Frannie  
9:00 am Spin (D) –Vickey B  
9:00 am (A) –Tabata–LauraLynn, Shannon  
9:45 am SilverSneakers Circuit (B) –Pam, 10/11 Teresa, 10/18 Vicki, 10/25 Angie  
10:00 am Strength Train Together (A) – Starr  
10:45 am Chair Yoga Plus (B) – Nancy  
11:00 am Senior Water (pool) –Stephanie  
11:15 am GoLo Zumba (A)– Vicki  
12:30pm Advanced Line Dancing Workshop (A)–David

### Saturday–

7:30 am Extreme Fit (A)–Jason  
8:30 am Barre (A)–Becky, 10/5+10/12 Sarah  
9:30 am Zumba (A)– 10/5 Margaret Anne, 10/12 Suzette, 10/19 Becky, 10/26 Nicole  
9:00 am Spin/Core (D)– Michael  
10:30 am Yoga (B) – Deb

### Sunday–

1:15 pm Zumba (A) –**10/6 NO CLASS**, 10/13 Nicole, 10/20 Becky, 10/27 Nicole  
4:00 pm Yoga (B) – Randy, 10/6 Megan, 10/13 Amy

### 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.

## **Samurai Dragons, Traditional Martial Arts**

Isshin-Ryu Karate (A) (ages 9 and up)  
Fridays at 4:30 to 7:00 pm  
Sundays at 3:00 to 5:00 pm

Satori Ryu Iaido (A) (ages 14 and up)  
Sundays at 3:00 pm

Adult and Family Self-Defense (B)  
Thursdays at 7:00 to 8:00 pm

**Check us out at [SamuraiDragons.com](http://SamuraiDragons.com) and like us on Facebook for schedules updates, event announcements and more!**

The Samurai Dragons Instructors work with each student to build Strength, Confidence and Self-Improvement through training in Traditional Martial Arts. Contact us to set up an appointment 10-15 minutes before one of our classes to learn more about our programs. No experience needed to start. No long term contracts.

Email [david\\_henderson18@yahoo.com](mailto:david_henderson18@yahoo.com) or call Sheena at (865-300-2318) to learn how to start your training.