JULY
Class Schedule

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

(ALL CLASSES ARE IN STUDIO A UNLESS OTHERWISE NOTED)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45 – 6:45 Cardio Tabata Mary B.	6:00 – 6:55 Pump Iron Sally	5:45 – 6:45 Sunrise Stretch Yoga Mary B.	6:00 – 6:55 Pump Iron Mary B.	5:45 – 6:45 Step Janice	
	7:00 – 8:15 Morning Yoga Sally		7:00 – 8:15 Morning Yoga Sally		7:30-8:45 Yoga Susan / Sally
8:00-8:50 Water Resistance Mary B. Pool	8:30-9:25 Pump Iron Janice	7:15 – 8:15 Step Janice	8:30-9:25 Women's Tribal Yoga Tiger Studio C		
8:30 – 9:30 Advanced Step Janice		8:00 – 8:50 Water Resistance Shannon Pool	8:30-9:25 Pump Iron Janice	8:00-8:50 Water Resistance Pool	9:00 -9:55 Pump Iron Christie/Janice
8:30-9:45 Women's Tribal Yoga Tiger Studio C	9:30-10:30 Mommy Boot Camp Janice Gym	8:45-9:45 Total Body Bosu Jenny			10:00-10:55 Zumba Jamie
10:00-10:55 Y-Fit Jane	9:30-10:25 Zumba Caleb	9:00-9:50 POUND Tiger Studio C	9:30-10:30 Mommy Boot Camp Janice Gym	8:45-9:45 Boot camp Jenny Gym	11:00-12:10 Tae Kwon Do $ Diane
10:00-10:55 Pilates $ Nino Studio C	9:30-10:25 Foam Roller Susan Studio C	10:00-10:55 Y-Fit Jane	9:30-10:25 Latin Dance Aerobics Karen	9:00 – 9:55 Zumba Jamie	
11:00-11:55 Silver Sneakers Classic Janice	10:30-11:25 Silver Sneakers Cardio Circuit Janice	10:00 – 10:55 Pilates $ Nino Studio C	9:30-10:25 Foam Roller Susan Studio C	10:00-10:55 Y Fit-Interval Marsha	**Sunday**
11:00-11:55 Stretch & Flex Jane Gym	10:35-11:50 Yoga /Stretch Terri Studio C	11:00-11:55 Silver Sneakers Classic Jane	10:30-11:25 Silver Sneakers Cardio Circuit Janice	11:00-11:55 Stretch, Move & Balance Jane	
12:00-12:55 Tabata Janice	12:00-12:55 WOW Diane	11:00-11:55 Stretch & Flex Terri Gym	10:35-11:50 Yoga /Stretch Susan Studio C	11:00-11:55 Stretch & Flex Susan Gym	9:40-11:00 MindBody PiYo Susan
		12:00-12:55 Total Body Tabata Jody	12:00-12:55 WOW Diane/Mary H.	12:00-12:55 Zumba Jamie	
					11:30-12:30pm Zumba Nikki
3:00-4:15 Yoga Darlene		3:00-4:15 Yoga Darlene		3:00 – 4:15 MindBody PiYo Susan	2:00-3:00pm Hip Hop Jennifer
4:30 -5:25 Tabata Diane/Jody	4:30-5:25 Pump Iron Christie	4:30-5:25 Tabata Diane	4:30-5:25 Pump Iron Diane/Bridgett	4:30-5:25 Insanity Sarah/Christie	
5:30 -6:30 Zumba Jessica		5:30 -6:25 Zumba Jessica	5:00-5:30 Power Abs Cindy Studio B		
5:30 -6:25 Deep Water Pool	5:30-6:25 POUND Tiger	5:30 -6:25 Deep Water Pool	5:35– 6:50 Sivananda Yoga Kevin	5:30-6:25 Deep Water Pool	
		6:30-7:00 Power Abs Cindy Studio B			
	7:15-8:15 Ju Jitsu $ Steve Studio C	6:30-7:30 Tae Kwon Do $ Diane			

Extra Fee = $

Class Change =

New Class =

James Family Prescott YMCA 750 Whipple Street, 928 445-7221 www.prescottymca.org

All scheduled classes and instructors subject to change, please call in advance if you have questions.