



FOR YOUTH DEVELOPMENT®  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

# STUDIO A CLASS SCHEDULE

## James Family Prescott YMCA

November 2017

\*\*\*\*\*  
 \*\* Please note: On Thursday, November 23rd,  
 the YMCA will be closed for Thanksgiving. Most  
 Friday classes will also be cancelled.  
 \*\*\*\*\*

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Boot Camp						8:45-9:45am Jenny	
Dance Fitness	2:00-3:00pm Jennifer (Hip Hop)				9:30-10:25am Karen (Latin Dance Aerobics)		
Yoga		3:00-4:15pm Yoga Darlene	7:00-8:15am Morning Yoga Sally	5:45-6:45am Stretch Yoga Mary 3:00-4:15pm Yoga Darlene	7:00-8:15am Morning Yoga Sally 5:35-6:50pm Sivananda Yoga Kevin	3:00-4:15pm PiYo Cathy	7:30-8:45am Yoga Sally
Mommy Boot Camp			9:30-10:30am Janice (Gym)		9:30-10:30am Janice (Gym)		
POUND			5:30-6:25pm Tiger				
Pump Iron			6:00-6:55am Sally 8:30-9:25am Janice 4:30-5:25pm		6:00-6:55am Mary 8:30-9:25am Janice 4:30-5:25pm Diane/Bridgett		9:00-9:55am Christie/Janice
Silver Sneakers		11:00-11:55am Classic Pam	10:30-11:25am Circuit Janice	11:00-11:55am Classic Jane	10:30-11:25am Circuit Janice	11:00-11:55am Jane (Stretch/ Move/Balance)	
Step		8:30-9:30am Janice (Adv)		7:15-8:15am Janice		5:45-6:45am Janice	
Stretch n Flex		11:00-11:55am Jane (Gym)		11:00-11:55am Pam (Gym)		11:00-11:55am Mary (Gym)	
Tabata		5:45-6:45am Mary 12:00-12:55pm Janice 4:30-5:25pm		12:00-12:55pm Jody 4:30-5:25pm Diane			
Tae Kwon Do \$ (Fee Class)				6:30-7:30pm Diane			11:00-12:00pm Diane
Total Body Conditioning				8:45-9:45am Jenny			
WOW			12:00-12:55pm Diane		12:00-12:55pm Diane/Mary H.		
Y-Fit		10:00-10:55am Jane		10:00-10:55am Jane/Karen		10:00-10:55am Intervals Marsha	
Zumba	11:30-12:25pm Nikki	5:30-6:25pm Jessica	9:30-10:25am Lauren	5:30-6:25pm Jessica		9:00-9:55am Jamie 12:00-12:55pm	10:00-10:55am Jamie