



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

STUDIO C CLASS SCHEDULE

James Family Prescott YMCA
December 2017

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 ☆ *** Please note: The YMCA will be ☆
 ☆ closed on Monday, December 25th ☆
 ☆ for Christmas! ☆
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	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
After School Programs		2:30-6:00p	1:00-6:00p	1:00-6:00p	1:00-6:00p	2:30-6:00p	
Foam Roller			9:30-10:25a Mary H.				
Martial Arts \$			7:15-8:15p Ju-Jitsu Steve				
Pilates \$		10:00-11:00a Nino		10:00-11:00a Nino			
POUND				9:00-9:50a Tiger			
Yoga		8:30-9:45a Women's Fusion Flow Yoga Tiger	10:35-11:50a Yoga/Stretch Mary H.		8:30-9:25a Women's Fusion Flow Yoga Amy 10:35-11:50a Yoga/Stretch Cathy		

\$= Fee Class ** = New Class or Class Change

