




# APRIL 2017 STUDIO "C"

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

C.O.R.P., Classes, Child Care

TIME	SUN	MON	TUE	WED	THU	FRI	SAT
8:00 am							
8:15 am							
8:30 am		Women's Tribal Yoga 8:30-9:45 Tiger			Women's Tribal Yoga 8:30-9:25 Tiger		
8:45 am							
9:00 am				POUND 9:00-9:50 Caleb			
9:15 am							
9:30 am			Foam Roller 9:30-10:25 Susan		Foam Roller 9:30-10:25 Susan		
9:45 am							
10:00 am		Pilates \$ 10:00 - 11:00 Nino		Pilates \$ 10:00 - 11:00 Nino			
10:15 am							
10:30 am			Yoga/ Stretch 10:35- 11:50		Yoga/ Stretch 10:35- 11:50		
10:45 am							
11:00 am							
11:15 am							
11:30 am							
11:45 am							
12:00 pm							
12:30 pm							
1:00 pm			ADVENTURE				
1:30 pm							
2:00 pm			ADVENTURE				
2:30 pm							
3:00 pm							
3:30 pm							
4:00 pm							
4:30 pm							
5:00 pm							
5:30 pm							
6:00 pm							
6:30 pm							
6:45 pm							
7:00 pm							
7:15 pm			Ju-Jitsu \$ 7:15-8:15 Steve		Self Defense 6:30-7:30 pm Carlos		
7:30 pm							

§ = FEE CLASS

James Family Prescott YMCA

928-445-7221

prescottymca.org