




JULY 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/Nikki			Women's Tribal Yoga 8:30-9:25 Tiger/Nikki				
8:45 am									
9:00 am				POUND 9:00-9:50 Tiger					
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 Terri		Yoga/ Stretch 10:35- 11:50 Susan				
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 C.O.R.P.						
1:30 pm									
2:00 pm									
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	 HAPPY 4th of JULY			
7:30 pm									

§ = FEE CLASS

James Family Prescott YMCA

928-445-7221

prescottymca.org

