

# FEBRUARY 2026 - JAMES FAMILY PRESCOTT GROUP EXERCISE SCHEDULE

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| SUNDAY                                         | MONDAY                                   | TUESDAY                                         | WEDNESDAY                                    | THURSDAY                                        | FRIDAY                                     | SATURDAY                                                                       |
|------------------------------------------------|------------------------------------------|-------------------------------------------------|----------------------------------------------|-------------------------------------------------|--------------------------------------------|--------------------------------------------------------------------------------|
|                                                |                                          |                                                 | AM CLASSES                                   |                                                 |                                            |                                                                                |
| CYCLE<br>9:30-10:30 - Karen                    | PILATES<br>6:00-7:00 - Sarah E.          | STRENGTH & STABILITY<br>6:00-6:55 - Ruth        | YOGA<br>6:00-7:15 - Marlene                  | STRENGTH & STABILITY<br>6:00-6:55 - Ruth        | HIIT<br>8:00-8:45 - Aimee                  | CYCLE<br>8:15-9:15 - Jody                                                      |
| HIP HOP DANCE (1 & 8)<br>10:00-11:00- Jennifer | YOGA<br>7:15-8:15 - Julie                | CYCLE<br>6:00-7:00 - Janice                     | STEP<br>7:15-8:10 - Janice                   | CYCLE<br>6:00-7:00 - Janice                     | CYCLE<br>8:30-10:00 - Janice               | PUMP IRON<br>9:15-10:10 - Marylee 2/7<br>Aimee 2/14<br>Mary 2/21<br>Aimee 2/27 |
| ZUMBA TONING (15 & 22)<br>10:00-11:00- Lorene  | ADVANCED STEP<br>8:30-9:30 - Janice      | YOGA<br>7:00-8:05 - Sally                       | HIIT<br>8:15-8:50 - Aimee                    | YOGA<br>7:00-8:05 -Sally                        | PILATES<br>9:00-9:50 - Cindy               |                                                                                |
| ZUMBA<br>11:00-12:00 - Marylee                 | CYCLE<br>8:30-9:30 - Liz                 | PUMP IRON<br>8:15-9:05 - Janice                 | CYCLE<br>8:30-9:30 - Janice                  | PUMP IRON<br>8:15-9:10 - Janice                 | Y-FIT<br>10:00-10:55 - Pam                 |                                                                                |
|                                                | OUTDOOR FITNESS*<br>9:00-10:00 - Patti   | FOAM ROLL<br>9:05-9:55 - Emily                  | NO SWEAT BALANCE<br>8:45-9:45 - Ruth         | ADVANCED BALANCE<br>8:15-9:00 - Ruth            | CYCLE<br>10:15-11:00 - Amy                 | BOOT CAMP<br>9:00-10:00 - Patti                                                |
|                                                | CARDIO DANCE<br>10:00-11:00 - Jamie      | PARKINSON'S CYCLE<br>9:30-10:30 - Aimee         | OUTDOOR FITNESS*<br>9:00-10:00 - Patti       | FOAM ROLL<br>9:05-9:55 - Emily                  | ZUMBA<br>10:00-11:00 -Marylee              | ZUMBA<br>10:15-11:15 - Marylee                                                 |
|                                                | CYCLE<br>10:00-11:00 - Janice            | SILVER SNKRS CIRCUIT<br>9:15-10:00 - Janice     | BUTTS & GUTS<br>9:00-9:50 - Sally            | PARKINSON'S CYCLE<br>9:30-10:30 - Aimee         | STRETCH N FLEX<br>11:00-11:55 - Aimee      | ZUMBA<br>11:30-12:30 - Karina                                                  |
|                                                | Y-FIT<br>10:00-10:55 - Ruth              | WOMEN'S SELF-DEFENSE<br>10:00-11:00 - Don & Amy | Y-FIT<br>10:00-10:55am -Ruth                 | SILVER SNKRS CIRCUIT<br>9:15-10:00 - Janice     | FOAM ROLL<br>11:00-12:00 - Emily           |                                                                                |
|                                                | CORE & POSTURE<br>10:15-11:00 - Patti    | SILVER SNKRS CIRCUIT<br>10:00-10:45 - Janice    | ZUMBA TONING<br>10:00-11:00 - Lorene         | WOMEN'S SELF-DEFENSE<br>10:00-11:00 - Don & Amy | STRETCH/MOVE/BALANCE<br>11:15-12:10 - Jane |                                                                                |
|                                                | STRETCH N FLEX<br>11:00-11:55 - Jane     | NO SWEAT BALANCE<br>10:30-11:25 - Ruth          | CYCLE<br>10:00-11:00 - Liz                   | SILVER SNKRS CIRCUIT<br>10:00-10:45 - Janice    |                                            |                                                                                |
|                                                | SENIOR FITNESS<br>11:05-12:00 - Pam      | NO SWEAT BALANCE<br>11:30-12:30 - Ruth          | CORE & POSTURE<br>10:15-11:00 - Patti        | POWER STRETCH YOGA<br>11:00-12:00 - Sarah L.    |                                            |                                                                                |
|                                                |                                          | POWER STRETCH YOGA<br>11:00-12:00 - Sarah L.    | STRETCH N FLEX<br>11:00-11:55 - Pam          |                                                 |                                            |                                                                                |
|                                                |                                          |                                                 | SILVER SNKRS CLASSIC<br>11:15-12:10 - Ginger |                                                 |                                            |                                                                                |
|                                                |                                          |                                                 | PM CLASSES                                   |                                                 |                                            |                                                                                |
|                                                | CARDIO SCULPT<br>12:10-1:05 - Cindy      | POW<br>12:05-1:00 - Sarah L.                    | CHAIR ZUMBA (2/4)<br>12:15-1:00 - Ginger     | POW<br>12:05-1:00 - Sarah L.                    | FUNCTIONAL TRNG*<br>12:00-1:00-Sam/Patti   | <b>CLASSROOM KEY</b>                                                           |
|                                                | PARKINSON'S CIRCUIT<br>1:10-2:30 - Emily | GENTLE CHAIR YOGA<br>12:45-1:45 - Ruth          | TLC \$<br>1:00-2:30 - Kay                    | PARKINSON'S<br>1:10-2:05 - Emily                | POUND<br>2:30-3:30 - Tamami                | STUDIO A                                                                       |
|                                                | YOGA<br>4:00-5:15 - Cathy                | PARKINSON'S<br>1:10-2:05 - Sam                  | PARKINSON'S<br>1:10-2:15 - Ruth              | ZUMBA<br>2:15-3:15 - Jesse                      | POUND UNPLUGGED<br>3:30-4:00 - Tamami      | STUDIO B                                                                       |
|                                                | ZUMBA<br>5:30-6:25 - Jessica             | POUND<br>2:30-3:30 - Tamami                     | PIYO<br>2:45-3:45 - Cathy                    | GENTLE YOGA<br>4:00-5:00 - Kater                | CIRCL<br>4:00-4:30 - Tamami                | STUDIO C                                                                       |
|                                                | JIUJUTSU \$<br>6:00-7:00 - Dave          | GENTLE YOGA<br>4:00-5:00 - Kater                | GENTLE YOGA<br>4:00-5:15 - Sarah L.          | CYCLE<br>5:30-6:30 - Jim                        | GENTLE YOGA<br>4:00-5:00 - Valerie         | GYMNASIUM                                                                      |
|                                                |                                          | ZUMBA<br>5:05-5:50 - Karina                     | ZUMBA<br>5:30-6:25 - Jessica                 | YOGA<br>5:35-6:50 - Kevin                       | FIRM FOUNDATION<br>5:00-6:00 - Veronica    | AIRNASIUM                                                                      |
|                                                |                                          | CYCLE<br>5:30-6:30 - Jim                        | JIUJUTSU \$<br>6:00-7:00 - Dave              | FENCING \$<br>7:00-8:50 - Pat                   |                                            | GYMNASTICS                                                                     |
|                                                |                                          | FENCING \$<br>6:00-8:50 - Pat                   |                                              |                                                 |                                            |                                                                                |

SCHEDULE SUBJECT TO CHANGE

\*WEATHER CONDITIONS APPLY

\$ = PROGRAM FEE

BRING YOUR OWN MAT