



AUGUST 2022 – JAMES FAMILY PRESCOTT YMCA GROUP EXERCISE SCHEDULE

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			MORNING CLASSES			
	TABATA 6:00-6:55 - Aimee	PUMP IRON 6:00-6:55 - Ruth	YOGA 6:00-6:55 - Marlene	PUMP IRON 6:00-6:55 - Ruth	POUND 6:00-6:55 - Brooke	
	RHYTHM RIDE 8:30-9:30 - Marsha	CYCLE 6:00-7:00am - Janice	STEP 7:15-8:15am - Janice	CYCLE 6:00-7:00am - Janice	CYCLE 8:30-9:30 - Janice	
	ADVANCED STEP 8:30-9:30 - Janice	YOGA 7:00-8:00 - Sally	CYCLE 8:30-9:30 - Janice	YOGA 7:00-8:00 - Sally	ZUMBA 9:00-9:55 - Nitima	CYCLE 8:15-9:15 - Jody
			SMALL GROUP TRAINING** 8:30-9:30 - Patti			
(Starting 8/14) CYCLE (every other Sun) 9:30-11:00 - Karen O.	SMALL GROUP TRAINING 9:00-9:50 - Patti	PUMP IRON 8:15-9:10 - Janice	ZUMBA 9:00-9:55 - Nitima	PUMP IRON 8:15-9:10 - Janice	SMALL GROUP TRAINING 9:00-9:50 - Patti	BOOT CAMP 9:00-10:00 - Sam
	CORE & POSTURE 10:15-10:45 - Patti		NO SWEAT BALANCE 9:00-9:45 - Ruth		CORE & POSTURE 10:15-10:45 - Patti	PUMP IRON** 9:15-10:10 - Aimee
ZUMBA 10:00-11:00 - Nitima	ZUMBA 10:00-11:00 - Jamie	TURN & BURN 9:30-10:30 - Aimee	BOOT CAMP 10:00-10:55 - Janice	TURN & BURN 9:30-10:30 - Aimee	ZUMBA 10:00-11:00 - Marylee	
ZUMBA 11:15-12:15 - Marylee	CYCLE 10:00-11:00am - Janice	SILVER SNKRS CIRCUIT 9:30-10:25 - Janice	CYCLE 10:00-11:00 - Liz	SILVER SNKRS CIRCUIT 9:30-10:25 - Janice	CYCLE 10:00-11:00 - Janice	ZUMBA 10:15-11:15 - Marylee/Karina
	Y-FIT 10-10:55 - Jane		Y-FIT 10:00-10:55am - Karen C		Y-FIT 10:00-10:55 - Pam	FOAM ROLL 11:20-12:20 - Emily
	STRETCH N FLEX 11:00-11:55 - Jane	POWER STRETCH YOGA 10:40-11:50 - Mary	STRETCH N FLEX 11:00-11:55 - Pam	POWER STRETCH YOGA 10:40-11:50am - Mary	STRETCH N FLEX 11:00-11:55 - Terri	
	SENIOR FITNESS 11:15-12:10 - Pam		SILVER SNKRS CLASSIC 11:15-12:10 - Cindy		STRETCH/MOVE/BALANCE 11:15-12:10 - Jane	
			AFTERNOON CLASSES			
	TABATA 12:15-1:10 - Janice	POW 12:00-12:55 - Mary		POW 12:00-12:55 - Mary		
	QI GONG 1:00-2:15 - Tara	PARKINSON'S 1:10-1:55 - Mary & Sam	TLC \$ 1:00-2:30 - Kay	PARKINSON'S 1:10-1:55 - Mary & Emily	QI GONG 1:00-2:15 - Tara	
	PARKINSON'S+FLOOR WORK 1:10-2:40 - Mary & Emily	BODYWORKS 2:15-3:15 - Marylee	PARKINSON'S+FLOOR WORK 1:10-2:40 - Mary & Ruth	BODYWORKS 2:15-3:15 - Marylee		
			EVENING CLASSES			CLASSROOM KEY
	YOGA 4:00-5:15 - Cathy	GENTLE YOGA 4:00-5:00 - Kater	YOGA 4:00-5:15 - Terri			STUDIO A
	ZUMBA 5:30-6:25 - Jessica		ZUMBA 5:30-6:25 - Jessica	YOGA 5:35-6:50 - Kevin	ZUMBA 5:30-6:30 - Karina	STUDIO B
	JIUJUTSU \$ 5:30-6:30 - Dave		JIUJUTSU \$ 5:30-6:30 - Dave			GYMNASIUM
	YOGA 6:35-7:50 - Kevin	FENCING \$ 6:00-8:50 - Pat		FENCING \$ 7:00-8:50 - Pat		STUDIO C
	PLEASE	BRING	YOUR	OWN	MAT	AIRNASIUM

\$ = FEE CLASS

** = NEW OR CLASS CHANGE

SCHEDULE SUBJECT TO CHANGE