



# AUGUST 2022 – JAMES FAMILY PRESCOTT YMCA GROUP EXERCISE SCHEDULE

[prescottymca.org](http://prescottymca.org) [daxko.com](http://daxko.com)

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
(Starting 8/14)	SWEET SOUL FLOW YOGA ** 9:00-10:00 – Candace		SMALL GROUP TRAINING** 8:30-9:30 – Patti			
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
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 & Aimee	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			
	YOGA 6:35-7:50 - Kevin	FENCING \$ 6:00-8:50 - Pat		FENCING \$ 7:00-8:50 - Pat		GYMNASIUM
	<b>PLEASE</b>	<b>BRING</b>	<b>YOUR</b>	<b>OWN</b>	<b>MAT</b>	STUDIO C
						AIRNASIUM

\$ = FEE CLASS

\*\*= NEW OR CLASS CHANGE

SCHEDULE SUBJECT TO CHANGE