



JUNE 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		
	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 6/5) 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	PUMP IRON 9:00-9:55 – Janice
	CORE & POSTURE 10:15-10:45 - Patti		NO SWEAT BALANCE 9:00-9:45 – Ruth		CORE & POSTURE 10:15-10:45 - Patti	(Starting 6/11)
ZUMBA 10:00-11:00 –Nitima	ZUMBA 10:00-11:00 – Jamie	TURN & BURN 9:30-10:30 – Aimee	BOOT CAMP 10:10-11:00 – Janice	TURN & BURN 9:30-10:30 – Aimee	ZUMBA 10:00-11:00 –Marylee	BOOT CAMP (every other Sat) 9:00-10:00 – Sam
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 – Aimee	SILVER SNKRS CIRCUIT 9:30-10:25 – Janice	CYCLE 10:00-11:00 – Janice	ZUMBA 10:15-11:15-Marylee
	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		
		PARKINSON'S 1:10-1:55–Mary & Emily	TLC \$ 1:00-2:30 – Kay	PARKINSON'S 1:10-1:55–Mary & Emily		
		BODYWORKS 2:15-3:15 – Marylee		BODYWORKS 2:15-3:15 – Marylee		
			EVENING CLASSES			CLASSROOM KEY
	YOGA 4:00-5:15 – Cathy	LUSCIOUS 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		STUDIO B
	YOGA 6:35-7:50 - Kevin	FENCING \$ 6:00-8:50 - Pat		FENCING \$ 7:00-8:50 - Pat		GYMNASIUM
PLEASE BRING YOUR OWN MAT						STUDIO C
\$ = FEE CLASS ** = NEW OR CLASS CHANGE SCHEDULE SUBJECT TO CHANGE						AIRNASIUM