



MAY 2022 – JAMES FAMILY PRESCOTT YMCA GROUP EXERCISE SCHEDULE

prescottymca.org 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 | | |
| | | CYCLE 6:00-7:00am - Janice | STEP 7:15-8:15am - Janice | CYCLE 6:00-7:00am - Janice | | |
| | RHYTHM RIDE 8:30-9:30 - Marsha | YOGA 7:00-8:00 - Sally | CYCLE 8:30-9:30 - Janice | YOGA 7:00-8:00 -Sally | CYCLE 8:30-9:30 - Janice | CYCLE 8:15-9:15 - Jody |
| (Starting 5/8) CYCLE (every other Sun) 9:30-11:00 - Karen O. | ADVANCED STEP 8:30-9:30 - Janice | PUMP IRON 8:15-9:10 - Janice | ZUMBA 9:00-9:55 - Nitima | PUMP IRON 8:15-9:10 - Janice | ZUMBA Gold/Toning 9:00-9:55 -Nitima | PUMP IRON 9:00-9:55 - Janice |
| | SMALL GROUP TRAINING 9:00-9:50 - Patti | | NO SWEAT BALANCE** 9:00-9:45 - Ruth | | SMALL GROUP TRAINING 9:00-9:50 - Patti | |
| ZUMBA Gold/Toning** 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 11:30-12:30 - 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 10:00-11:00am-Karen C | | Y-FIT 10:00-11:00 - Pam | SMR 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 - sub | | 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 | BOOT CAMP 12:15-1:10 - Aimee | FENCING \$ 1:00-4:00 - Pat |
| | | 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 | TURN & BURN** 5:30-6:30 - Aimee | | STUDIO A |
| | ZUMBA 5:30-6:25 - Jessica | TURN & BURN** 5:30-6:30 - Aimee | 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 |
| | | | | | | AIRNASIUM |

\$ = FEE CLASS

**= NEW OR CLASS CHANGE

SCHEDULE SUBJECT TO CHANGE