



# MARCH 2023 – JAMES FAMILY PRESCOTT GROUP EXERCISE SCHEDULE

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<b>MORNING CLASSES</b>			
	INTERVAL TRAINING 6:00-6:55 - Aimee	STRENGTH & STABILITY 6:00-6:55 - Ruth	YOGA 6:00-6:55 - Marlene	STRENGTH & STABILITY 6:00-6:55 - Ruth	SELF-DEFENSE 6:00-6:55 - Brooke	
		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 7:00-8:05 - Sally	HITT 8:20-8:50 - Aimee	YOGA 7:00-8:05 - Sally	HIIT 8:15-8:45 - Aimee	CYCLE 8:15-9:15 - Jody
	ADVANCED STEP 8:30-9:30 - Janice	PUMP IRON 8:15-9:10 - Janice	CYCLE 8:30-9:30 - Janice	PUMP IRON 8:15-9:10 - Janice	CYCLE 8:30-9:30 - Janice	FOAM ROLL 8:05-9:00 - Emily
Cycle 9:30-11:00 - Karen O		FOAM ROLL 9:05-9:55 - Emily	ZUMBA 9:00-9:55 - Nitima	FOAM ROLL 9:05-9:55 - Emily	ZUMBA 9:00-9:55 - Nitima	PUMP IRON 9:15-10:10 - Marylee 3/4 Marylee 3/11
(3/5 & 3/19)		TURN & BURN 9:30-10:30 - Aimee	NO SWEAT BALANCE 9:00-10:00 - Ruth	TURN & BURN 9:30-10:30 - Aimee		Janice 3/18 Janice 3/25
	OUTDOOR FITNESS** 9:30-10:30 - Patti		OUTDOOR FITNESS** 9:30-10:30 - Patti			
ZUMBA 10:00-11:00 - Nitima	ZUMBA 10:00-11:00 - Jamie	SILVER SNKRS CIRCUIT 9:30-10:25 - Janice	BOOT CAMP 10:00-10:55 - Janice	SILVER SNKRS CIRCUIT 9:30-10:25 - Janice	ZUMBA 10:00-11:00 - Marylee	BOOT CAMP** 10:00-11:00 - Sam
	CYCLE 10:00-11:00am - Janice		CYCLE 10:00-11:00 - Liz		CYCLE 10:00-11:00 - Janice	ZUMBA 10:15-11:15 - Marylee
	Y-FIT 10:00-10:55 - Jane	QIGONG FLOW 10:00-11:15 - Tara	Y-FIT 10:00-10:55am - Karen C	QIGONG FLOW 10:00-11:15 - Tara	Y-FIT 10:00-10:55 - Pam	
ZUMBA 11:15-12:15 - Marylee	STRETCH N FLEX 11:00-11:55 - Jane		STRETCH N FLEX 11:00-11:55 - Pam		STRETCH N FLEX 11:00-11:55 - Terri	
	CORE & POSTURE 11:00-11:45 - Patti	POWER STRETCH YOGA 10:40-11:50 - Mary	CORE & POSTURE 11:00-11:45 - Patti	POWER STRETCH YOGA 10:40-11:50am - Mary		
	SENIOR FITNESS 11:05-12:00 - Pam		SILVER SNKRS CLASSIC 11:15-12:10 - Ginger		STRETCH/MOVE/BALANCE 11:15-12:10 - Jane	
			<b>AFTERNOON CLASSES</b>			
	INTERVAL TRAINING 12:10-1:05 - Janice	POW 12:00-12:55 - Mary	MINDFUL MEDITATION 12:00-12:30 - Patti	POW 12:00-12:55 - Mary	KINDA CROSSFIT** 12:00-1:00 - Patti & Sam	
SELF-DEFENSE 12:30-1:30 - Brooke	QIGONG FLOW 12:15-1:30 - Tara	PARKINSON'S 1:10-1:55 - Mary & Sam	TLC \$ 1:00-2:30 - Kay	PARKINSON'S 1:10-1:55 - Mary & Emily	QIGONG FLOW 12:15-1:30 - Tara	
	PARKINSON'S+FLOORWORK 1:10-2:30 - Emily & Aimee	BARRE 2:15-3:15 - Marylee	PARKINSON'S+FLOORWORK 1:10-2:30 - Mary & Ruth	BODYWORKS 2:15-3:15 - Marylee		
			<b>EVENING CLASSES</b>			<b>CLASSROOM KEY</b>
	YOGA 4:00-5:15 - Cathy	GENTLE YOGA 4:00-5:00 - Kater	YOGA 4:00-5:15 - Terri			<b>STUDIO A</b>
	ZUMBA 5:30-6:25 - Jessica		ZUMBA 5:30-6:25 - Jessica	YOGA 5:35-6:50 - Kevin	ZUMBA 5:30-6:30 - Karina	<b>STUDIO B</b>
	JIUJUTSU \$ 6:00-7:00 - Dave	CYCLE 5:30-6:30 - Jim	JIUJUTSU \$ 6:00-7:00 - Dave	CYCLE 5:30-6:30 - Jim		<b>GYMNASIUM</b>
		FENCING \$ 6:00-8:50 - Pat		FENCING \$ 7:00-8:50 - Pat		<b>STUDIO C</b>
	<b>PLEASE</b>	<b>BRING</b>	<b>YOUR</b>	<b>OWN</b>	<b>MAT</b>	<b>AIRNASIUM</b>

\$ = FEE CLASS

SCHEDULE SUBJECT TO CHANGE

\*\*WEATHER CONDITIONS APPLY



FOR YOUTH DEVELOPMENT®  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

## Group Cycling Schedule March 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		CYCLE 6:00-7:00am Janice		CYCLE 6:00-7:00am Janice		
	RHYTHM RIDE 8:30-9:30am Marsha		CYCLE 8:30-9:30am Janice		CYCLE 8:30-9:30am Janice	CYCLE 8:15-9:15am Jody
Cycle 9:30-11:00am Karen O (3/5 & 3/19)		TURN & BURN 9:30-10:30am Aimee		TURN & BURN 9:30-10:30am Aimee		
	CYCLE 10:00-11:00am Janice		CYCLE 10:00-11:00am Liz		CYCLE 10:00-11:00am Janice	
		CYCLE 5:30-6:30pm Jim		CYCLE 5:30-6:30pm Jim		

**Schedule subject to change.**  
**For updates, please download our app:**  
[daxko.com](https://daxko.com)