



NOVEMBER 2023 – JAMES FAMILY PRESCOTT GROUP EXERCISE SCHEDULE

prescottymca.org daxko.com

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			AM CLASS			
		STRENGTH & STABILITY 6:00-6:55 – Ruth	YOGA 6:00-6:55 – Marlene	STRENGTH & STABILITY 6:00-6:55 – Ruth		
		CYCLE 6:00-7:00 – Janice	STEP 7:15-8:10 – Janice	CYCLE 6:00-7:00 – Janice		
	ADVANCED STEP 8:30-9:30 – Janice	YOGA 7:00-8:05 – Sally	HIIT 8:15-8:50 – Aimee	YOGA 7:00-8:05 – Sally	HIIT 8:00-8:45 – Aimee	CYCLE 8:15-9:15 – Jody
	RHYTHM RIDE 8:30-9:30 – Marsha	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
	OUTDOOR FITNESS** 8:30-9:20 – Patti	FOAM ROLL 9:05-9:55 – Emily	OUTDOOR FITNESS** 8:30-9:20 – Patti	FOAM ROLL 9:05-9:55 – Emily	ZUMBA 9:00-9:55 – Nitima	PUMP IRON 9:15-10:10 – Marylee 11/4
Cycle 9:30-11:00 – Karen O.		TURN & BURN 9:30-10:30 – Aimee	ZUMBA 9:00-9:55 – Nitima	TURN & BURN 9:30-10:30 – Aimee		Aimee 11/11 Aimee 11/18
(11/12 & 11/26)			NO SWEAT BALANCE 8:45-9:45 – Ruth			Aimee 11/25
	OUTDOOR FITNESS** 9:30-10:20 – Patti	SILVER SNKRS CIRCUIT 9:30-10:25 – Janice	OUTDOOR FITNESS** 9:30-10:20 – Patti	SILVER SNKRS CIRCUIT 9:30-10:25 – Janice		FOAM ROLL 10:00-11:00 – Emily
ZUMBA 10:00-11:00 – Nitima	ZUMBA 10:00-11:00 – Jamie		PARKINSON'S HIIT 10:00-11:05 – Mary& Aimee		ZUMBA 10:00-11:00 – Marylee	BOOT CAMP** 10:00-11:00 – Sam
	CYCLE 10:00-11:00am – Janice	QIGONG FLOW 10:00-11:15 – Tara	CYCLE 10:00-11:00 – Liz	QIGONG FLOW 10:00-11:15 – Tara	CYCLE 10:00-11:00 – Janice	ZUMBA 10:15-11:15 – Marylee
ZUMBA 11:15-12:15 – Marylee	Y-FIT 10:00-10:55 – Ruth	POWER STRETCH YOGA 10:40-11:50am – Mary	Y-FIT 10:00-10:55am – Ruth	POWER STRETCH YOGA 10:40-11:50 – Mary	Y-FIT 10:00-10:55 – Pam	
	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	NO SWEAT BALANCE 11:30-12:30 – Ruth	CORE & POSTURE 11:00-11:45 – Patti			
	SENIOR FITNESS 11:05-12:00 – Pam		SILVER SNKRS CLASSIC 11:15-12:10 – Ginger		STRETCH/MOVE/BALANCE 11:15-12:10 – Jane	
			PM CLASS			
	INTERVAL TRAINING 12:10-1:05 – Janice	POW 12:00-12:55 – Mary		POW 12:00-12:55 – Mary	FUNCTIONAL TRAINING** 12:00-1:00 – Sam	
	QIGONG FLOW 12:15-1:30 – Tara	GENTLE CHAIR YOGA 12:45-1:30 – Ruth	TLC \$ 1:00-2:30 – Kay		QIGONG FLOW 12:15-1:30 – Tara	
	PARKINSON'S CIRUITS 1:10-2:30 – Emily	PARKINSON'S 1:10-2:05 – Mary & Sam	PARKINSON'S 1:10-2:30 – Mary & Ruth	PARKINSON'S 1:10-2:05 – Mary & Emily		CLASSROOM KEY
		BARRE 2:15-3:15 – Marylee		BODYWORKS 2:15-3:15 – Marylee		STUDIO A
	YOGA 4:00-5:15 – Cathy	GENTLE YOGA 4:00-5:00 – Kater	YOGA 4:00-5:15 – Terri	GENTLE YOGA 4:00-5:00 – Kater		STUDIO 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	STUDIO C
		CYCLE 5:30-6:30 – Jim		CYCLE 5:30-6:30 – Jim		GYMNASIUM
	JIUJUTSU \$ 6:00-7:00 – Dave	FENCING \$ 6:00-8:50 – Pat	JIUJUTSU \$ 6:00-7:00 – Dave	FENCING \$ 7:00-8:50 – Pat	JIUJUTSU \$ 6:00-7:00 – Dave (11/10)	AIRNASIUM
	PLEASE	BRING	YOUR	OWN	MAT	GYMNASTICS

SCHEDULE SUBJECT TO CHANGE

**WEATHER CONDITIONS APPLY

\$ = FEE CLASS



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

GROUP CYCLE SCHEDULE NOVEMBER 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 (11/12 & 11/26)		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