



NOVEMBER 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	SELF-DEFENSE** 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	CYCLE 8:15-9:15 - Jody
	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 9:30-11:00 - Karen O	SMALL GROUP TRAINING** 9:00-10:50 - Patti	PUMP IRON 8:15-9:10 - Janice	ZUMBA 9:00-9:55 - Nitima	PUMP IRON 8:15-9:10 - Janice	SMALL GROUP TRAINING** 9:00-10:50 - Patti	BOOT CAMP 9:00-10:00 - Sam
(12/4 & 12/18)	ZUMBA 10:00-11:00 - Jamie		NO SWEAT BALANCE 9:00-10:00 - Ruth		ZUMBA 10:00-11:00 - Marylee	PUMP IRON 9:15-10:10 - Marylee 11/5 Marylee 11/12
ZUMBA 10:00-11:00 - Nitima	CYCLE 10:00-11:00am - Janice	SILVER SNKRS CIRCUIT 9:30-10:25 - Janice	BOOT CAMP 10:00-10:55 - Janice	SILVER SNKRS CIRCUIT 9:30-10:25 - Janice	CYCLE 10:00-11:00 - Janice	Sally 11/19 Sally 11/26
ZUMBA 11:15-12:15 - Marylee	SMALL GROUP TRAINING** 10:00-10:50 - Patti	TURN & BURN 9:30-10:30 - Aimee	SMALL GROUP TRAINING** 9-10 & 10-11 - Patti	TURN & BURN 9:30-10:30 - Aimee	SMALL GROUP TRAINING** 10:00-10:50 - Patti	
SELF-DEFENSE** 12:30-1:30 - Brooke	CORE & POSTURE** 11:15-11:45 - Patti		CYCLE 10:00-11:00 - Liz		CORE & POSTURE** 11:15-11:45 - Patti	
	Y-FIT 10:00-10:55 - Jane		Y-FIT 10:00-10:55am - Karen C		Y-FIT 10:00-10:55 - Pam	ZUMBA 10:15-11:15 - Marylee/Karina
	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	FOAM ROLL 11:20-12:20 - Emily
	SENIOR FITNESS 11:10-12:05 - Pam		SILVER SNKRS CLASSIC 11:15-12:10 - Cindy/Ginger		STRETCH/MOVE/BALANCE 11:15-12:10 - Jane	
			AFTERNOON CLASSES			
	TABATA 12:10-1:05 - 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		PARKINSON'S 1:10-1:55 - Mary & Emily	QI GONG 1:00-2:15 - Tara	
	PARKINSON'S+FLOORWORK 1:10-2:30 - Mary & Emily	BARRE 2:15-3:15 - Marylee	PARKINSON'S+FLOORWORK 1:10-2:30 - Mary & Ruth	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 - Claudia	STUDIO 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		GYMNASIUM
		FENCING \$ 6:00-8:50 - Pat		FENCING \$ 7:00-8:50 - Pat		STUDIO C
	PLEASE	BRING	YOUR	OWN	MAT	AIRNASIUM

\$ = FEE CLASS

** = NEW OR CLASS CHANGE

SCHEDULE SUBJECT TO CHANGE



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

Group Cycling Schedule November 2022

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 (12/4 & 12/18)		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