



# SEPTEMBER 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>AM CLASS</b>			
		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 – Sally 9/2
Cycle 9:30-11:00 – Karen O. (9/3 & 9/17)		TURN & BURN 9:30-10:30 – Aimee	ZUMBA 9:00-9:55 – Nitima	TURN & BURN 9:30-10:30 – Aimee		Mary B. 9/9 Aimee 9/16 Marylee 9/23 Aimee 9/30
			NO SWEAT BALANCE 8:45-9:45 – Ruth			
	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** 9:00-10:00 – 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 – Jane	POWER STRETCH YOGA 10:40-11:50am – Mary	Y-FIT 10:00-10:55am – Karen C	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	
			<b>PM CLASS</b>			
	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 – Patti & 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 CIRCUITS 1:10-2:30 – Emily & Aimee	PARKINSON'S 1:10-2:05 – Mary & Sam	PARKINSON'S 1:10-2:30 – Mary & Ruth	PARKINSON'S 1:10-2:05 – Mary & Emily		
		BARRE 2:15-3:15 – Marylee		BODYWORKS 2:15-3:15 – Marylee		<b>CLASSROOM KEY</b>
	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 A
	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 B
		CYCLE 5:30-6:30 – Liz		CYCLE 5:30-6:30 – Liz		STUDIO C
	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 (9/1, 9/15, 9/29)	GYMNASIUM
	<b>PLEASE</b>	<b>BRING</b>	<b>YOUR</b>	<b>OWN</b>	<b>MAT</b>	AIRNASIUM

SCHEDULE SUBJECT TO CHANGE

\*\*WEATHER CONDITIONS APPLY

\$ = FEE CLASS



FOR YOUTH DEVELOPMENT®  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

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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 (9/3 & 9/17)		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 Liz		CYCLE 5:30-6:30pm Liz		

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