

# APRIL 2024 – JAMES FAMILY PRESCOTT GROUP EXERCISE SCHEDULE

| SUNDAY                         | MONDAY                                     | TUESDAY                                     | WEDNESDAY                                    | THURSDAY                                     | FRIDAY                                     | SATURDAY                                  |
|--------------------------------|--|---|--|--|--|---|
|                                |  |   | AM CLASS                                     |  |  |   |
|                                |  | STRENGTH & STABILITY<br>6:00-6:55 – Ruth    | YOGA<br>6:00-6:55 – Marlene                  | STRENGTH & STABILITY<br>6:00-6:55 – Ruth     |  |   |
|                                | YOGA<br>7:25-8:25 – Julie                  | CYCLE<br>6:00-7:00 – Janice                 | STEP<br>7:15-8:10 – Janice                   | CYCLE<br>6:00-7:00 – Janice                  |  |   |
|                                | ADVANCED STEP<br>8:30-9:30 – Janice        | YOGA<br>7:00-8:05 – Sally                   | HIIT<br>8:15-8:50 – Aimee                    | YOGA<br>7:00-8:05 – Sally                    | HIIT<br>8:00-8:45 – Aimee                  | CYCLE<br>8:15-9:15 – Jody                 |
|                                | RHYTHM RIDE<br>8:30-9:30 – Marsha          | PUMP IRON<br>8:15-9:10 – Janice             | CYCLE<br>8:30-9:30 – Janice                  | PUMP IRON<br>8:15-9:10 – Janice              | CYCLE<br>8:30-9:30 – Janice                |   |
|                                | OUTDOOR FITNESS**<br>8:30-9:20 – Patti     | FOAM ROLL<br>9:05-9:55 – Emily              | OUTDOOR FITNESS**<br>8:30-9:20 – Patti       | FOAM ROLL<br>9:05-9:55 – Emily               |  | PUMP IRON<br>9:15-10:10 – Marylee 4/6     |
| Cycle<br>9:30-11:00 – Karen O. | QIGONG FLOW<br>9:00-10:15 – Tara           | TURN & BURN<br>9:30-10:30 – Aimee           | NO SWEAT BALANCE<br>8:45-9:45 – Ruth         | TURN & BURN<br>9:30-10:30 – Aimee            | QIGONG FLOW<br>9:00-10:15 – Tara           | Aimee 4/13<br>Sally 4/20                  |
| (4/14 & 4/28)                  |  |   | PARKINSON'S CIRCUIT<br>9:00-9:50 – Mary      |  | ZUMBA TONING<br>9:00-9:50 – Lorene         |   |
|                                | OUTDOOR FITNESS**<br>9:30-10:20 – Patti    | SILVER SNKRS CIRCUIT<br>9:30-10:25 – Janice | OUTDOOR FITNESS**<br>9:30-10:20 – Patti      | SILVER SNKRS CIRCUIT<br>9:30-10:25 – Janice  |  | BOOT CAMP**<br>10:00-11:00 – Sam          |
| ZUMBA<br>10:00-11:00 – Karina  | CARDIO DANCE<br>10:00-11:00 – Jamie        | WOMEN'S SELF-DEFENSE<br>10:00-11:00 – Don   | ZUMBA TONING<br>10:00-11:00 – Lorene         | WOMEN'S SELF-DEFENSE<br>10:00-11:00 – Don    | ZUMBA<br>10:00-11:00 – Marylee             | WOMEN'S SELF-DEFENSE<br>10:30-11:30 – Don |
|                                | CYCLE<br>10:00-11:00am – Janice            | QIGONG FLOW<br>10:00-11:15 – Tara           | CYCLE<br>10:00-11:00 – Liz                   | QIGONG FLOW<br>10:00-11:15 – Tara            | CYCLE<br>10:00-11:00 – Janice              | ZUMBA<br>10:15-11:15 – Marylee            |
| ZUMBA<br>11:15-12:15 – Marylee | Y-FIT<br>10:00-10:55 – Ruth                | POWER STRETCH YOGA<br>10:40-11:50am – Mary  | Y-FIT<br>10:00-10:55am – Ruth                | POWER STRETCH YOGA<br>10:40-11:50 – Mary     | Y-FIT<br>10:00-10:55 – Pam                 |   |
|                                | STRETCH N FLEX<br>11:00-11:55 – Jane       |   | STRETCH N FLEX<br>11:00-11:55 – Pam          |  | STRETCH N FLEX<br>11:00-11:55 – Terri      |   |
|                                | CORE & POSTURE**<br>11:05-11:50 – Patti    | NO SWEAT BALANCE<br>11:30-12:30 – Ruth      | CORE & POSTURE**<br>11:05-11:50 – Patti      |  | FOAM ROLL<br>11:00-12:00 – Emily           |   |
|                                | SENIOR FITNESS<br>11:05-12:00 – Pam        |   | SILVER SNKRS CLASSIC<br>11:15-12:10 – Ginger | MEDITATIVE BREATHWORK<br>11:30-12:30 – Brian | STRETCH/MOVE/BALANCE<br>11:15-12:10 – Jane |   |
|                                |  |   | PM CLASS                                     |  |  |   |
|                                | HIIT<br>12:10-1:05 – Janice                | MURPH \$<br>12:00-1:00 – Aimee              |  | MURPH \$<br>12:00-1:00 – Aimee               | FUNCTIONAL TRAINING**<br>12:00-1:00 – Sam  |   |
|                                |  | POW<br>12:00-12:55 – Mary                   | TLC \$<br>1:00-2:30 – Kay                    | POW<br>12:00-12:55 – Mary                    |  |   |
|                                | PARKINSON'S CIRCUIT<br>1:10-2:30 – Emily   | GENTLE CHAIR YOGA<br>12:45-1:30 – Ruth      | PARKINSON'S<br>1:10-2:30 – Mary & Ruth       | PARKINSON'S<br>1:10-2:05 – Mary & Emily      |  | <b>CLASSROOM KEY</b>                      |
|                                | MEDITATIVE BREATHWORK<br>4:00-5:00 – Brian | PARKINSON'S<br>1:10-2:05 – Mary & Sam       |  | BODYWORKS<br>2:15-3:15 – Marylee             |  | STUDIO A                                  |
|                                | YOGA<br>4:00-5:15 – Cathy                  | BARRE<br>2:15-3:15 – Marylee                | YOGA<br>4:00-5:15 – Terri                    | GENTLE YOGA<br>4:00-5:00 – Kater             |  | STUDIO B                                  |
|                                | ZUMBA<br>5:30-6:25 – Jessica               | GENTLE YOGA<br>4:00-5:00 – Kater            | ZUMBA<br>5:30-6:25 – Jessica                 | YOGA<br>5:35-6:50 – Kevin                    | ZUMBA<br>5:30-6:30 – Karina                | STUDIO C                                  |
|                                |  | CYCLE<br>5:30-6:30 – Jim                    |  | CYCLE<br>5:30-6:30 – Jim                     |  | GYMNASIUM                                 |
|                                | JIUJUTSU \$<br>6:00-7:00 – Dave            | FENCING \$<br>6:00-8:50 – Pat               | JIUJUTSU \$<br>6:00-7:00 – Dave              | FENCING \$<br>7:00-8:50 – Pat                |  | AIRNASIUM                                 |
|                                | <b>PLEASE</b>                              | <b>BRING</b>                                | <b>YOUR</b>                                  | <b>OWN</b>                                   | <b>MAT</b>                                 | GYMNASTICS                                |

SCHEDULE SUBJECT TO CHANGE

\*\*WEATHER CONDITIONS APPLY

\$ = FEE CLASS