



# DECEMBER 2024 – JAMES FAMILY PRESCOTT GROUP EXERCISE SCHEDULE

prescottymca.org

daxko.com

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			AM CLASS			
	<input type="checkbox"/> CARDIO PILATES 6:00-7:00 - Sarah	<input type="checkbox"/> STRENGTH & STABILITY 6:00-6:55 - Ruth	<input checked="" type="checkbox"/> YOGA 6:00-7:15 - Marlene	<input type="checkbox"/> STRENGTH & STABILITY 6:00-6:55 - Ruth		
		<input checked="" type="checkbox"/> CYCLE 6:00-7:00 - Janice		<input checked="" type="checkbox"/> CYCLE 6:00-7:00 - Janice		
	<input type="checkbox"/> YOGA 7:15-8:15 - Julie	<input type="checkbox"/> YOGA 7:00-8:05 - Sally	<input type="checkbox"/> STEP 7:15-8:10 - Janice	<input type="checkbox"/> YOGA 7:00-8:05 - Sally		<input checked="" type="checkbox"/> CYCLE 8:15-9:15 - Jody
	<input type="checkbox"/> ADVANCED STEP 8:30-9:30 - Janice	<input type="checkbox"/> PUMP IRON 8:15-9:10 - Janice	<input type="checkbox"/> HIIT 8:15-8:50 - Aimee	<input type="checkbox"/> PUMP IRON 8:15-9:10 - Janice	<input type="checkbox"/> HIIT 8:00-8:45 - Aimee	
	<input checked="" type="checkbox"/> RHYTHM RIDE 8:30-9:30 - Marsha		<input checked="" type="checkbox"/> CYCLE 8:30-9:30 - Janice	<input checked="" type="checkbox"/> ADVANCED BALANCE 8:15-9:00 - Ruth	<input checked="" type="checkbox"/> CYCLE 8:30-9:30 - Janice	<input type="checkbox"/> PUMP IRON 9:15-10:10 - Mary B. 12/7
<input checked="" type="checkbox"/> CYCLE 9:30-10:30 - Jim	<input checked="" type="checkbox"/> OUTDOOR FITNESS* 8:30-9:30 - Patti	<input checked="" type="checkbox"/> FOAM ROLL 9:05-9:55 - Emily	<input checked="" type="checkbox"/> OUTDOOR FITNESS* 8:30-9:30 - Patti	<input checked="" type="checkbox"/> FOAM ROLL 9:05-9:55 - Emily	<input type="checkbox"/> PILATES 9:00-9:50 - Cindy	<input type="checkbox"/> Cindy 12/14 Sally 12/21
		<input checked="" type="checkbox"/> TURN & BURN 9:30-10:30 - Aimee	<input checked="" type="checkbox"/> NO SWEAT BALANCE 8:45-9:45 - Ruth	<input checked="" type="checkbox"/> TURN & BURN 9:30-10:30 - Aimee		<input type="checkbox"/> Marylee 12/28
<input type="checkbox"/> HIP HOP DANCE (12/1) 10:00-11:00 - Jennifer	<input checked="" type="checkbox"/> CORE & POSTURE* 9:45-10:30 - Patti	<input type="checkbox"/> SILVER SNKRS CIRCUIT 9:30-10:25 - Janice	<input type="checkbox"/> PARKINSON'S CIRCUIT 9:00-9:50 - Mary	<input type="checkbox"/> SILVER SNKRS CIRCUIT 9:30-10:25 - Janice		<input checked="" type="checkbox"/> BOOT CAMP* 9:00-10:00 - Sam
<input type="checkbox"/> PILATES (12/8,15,22) 10:00-11:00 - Cindy	<input type="checkbox"/> CARDIO DANCE 10:00-11:00 - Jamie	<input checked="" type="checkbox"/> WOMEN'S SELF-DEFENSE 10:00-11:00 - Don	<input checked="" type="checkbox"/> CORE & POSTURE* 9:45-10:30 - Patti	<input checked="" type="checkbox"/> WOMEN'S SELF-DEFENSE 10:00-11:00 - Don	<input type="checkbox"/> ZUMBA 10:00-11:00 - Marylee	
<input type="checkbox"/> HIIT (12/29) 10:00-11:00 - Julie	<input checked="" type="checkbox"/> CYCLE 10:00-11:00am - Janice		<input type="checkbox"/> ZUMBA TONING 10:00-11:00 - Lorene		<input checked="" type="checkbox"/> CYCLE 10:00-11:00 - Janice	<input type="checkbox"/> ZUMBA 10:15-11:15 - Marylee
	<input checked="" type="checkbox"/> Y-FIT 10:00-10:55 - Ruth	<input type="checkbox"/> POWER STRETCH YOGA 10:40-11:50am - Mary	<input checked="" type="checkbox"/> CYCLE 10:00-11:00 - Liz	<input type="checkbox"/> POWER STRETCH YOGA 10:40-11:50 - Mary	<input checked="" type="checkbox"/> Y-FIT 10:00-10:55 - Pam	<input checked="" type="checkbox"/> WOMEN'S SELF-DEFENSE 10:30-11:30 - Don
<input type="checkbox"/> ZUMBA 11:15-12:15 - Marylee	<input checked="" type="checkbox"/> STRETCH N FLEX 11:00-11:55 - Jane		<input checked="" type="checkbox"/> Y-FIT 10:00-10:55am - Ruth		<input checked="" type="checkbox"/> STRETCH N FLEX 11:00-11:55 - Mary/Aimee	
		<input checked="" type="checkbox"/> NO SWEAT BALANCE 11:30-12:30 - Ruth	<input checked="" type="checkbox"/> STRETCH N FLEX 11:00-11:55 - Pam		<input checked="" type="checkbox"/> FOAM ROLL 11:00-12:00 - Emily	
	<input type="checkbox"/> SENIOR FITNESS 11:05-12:00 - Pam		<input type="checkbox"/> SILVER SNKRS CLASSIC 11:15-12:10 - Ginger		<input type="checkbox"/> STRETCH/MOVE/BALANCE 11:15-12:10 - Jane	
			PM CLASS			
	<input type="checkbox"/> HIIT 12:10-1:05 - Janice	<input type="checkbox"/> POW 12:00-12:55 - Mary	<input type="checkbox"/> CHAIR ZUMBA (12/4) 12:15-1:00 - Ginger	<input type="checkbox"/> POW 12:00-12:55 - Mary	<input checked="" type="checkbox"/> FUNCTIONAL TRNG* 12:00-1:00 - Sam/Patti	
		<input checked="" type="checkbox"/> GENTLE CHAIR YOGA 12:45-1:30 - Ruth	<input type="checkbox"/> ZUMBA GOLD 12:15-1:00 - Lorene			
	<input type="checkbox"/> PARKINSON'S CIRCUIT 1:10-2:30 - Emily	<input type="checkbox"/> PARKINSON'S 1:10-2:05 - Mary/Sam	<input checked="" type="checkbox"/> TLC \$ 1:00-2:30 - Kay	<input type="checkbox"/> PARKINSON'S 1:10-2:05 - Mary/Emily		
		<input checked="" type="checkbox"/> BASIC BALANCE 1:45-2:45 - Ruth	<input type="checkbox"/> PARKINSON'S 1:10-2:30 - Mary/Ruth			
	<input type="checkbox"/> PILATES 2:30-3:30 - Cindy	<input type="checkbox"/> BARRE 2:15-3:15 - Marylee	<input type="checkbox"/> POUND 2:50-3:50 - Tamami	<input type="checkbox"/> BODYWORKS 2:15-3:15 - Marylee	<input type="checkbox"/> POUND 2:30-3:30 - Tamami	
						<b>CLASSROOM KEY</b>
	<input type="checkbox"/> YOGA 4:00-5:15 - Cathy	<input type="checkbox"/> GENTLE YOGA 4:00-5:00 - Kater	<input type="checkbox"/> YOGA 4:00-5:15 - Cathy	<input type="checkbox"/> GENTLE YOGA 4:00-5:00 - Kater		<input checked="" type="checkbox"/> STUDIO B
	<input type="checkbox"/> ZUMBA 5:30-6:25 - Jessica		<input type="checkbox"/> ZUMBA 5:30-6:25 - Jessica	<input type="checkbox"/> YOGA 5:35-6:50 - Kevin	<input type="checkbox"/> ZUMBA 5:30-6:30 - Veronica	<input checked="" type="checkbox"/> STUDIO C
		<input checked="" type="checkbox"/> CYCLE 5:30-6:30 - Jim		<input checked="" type="checkbox"/> CYCLE 5:30-6:30 - Jim		<input checked="" type="checkbox"/> GYMNASIUM
	<input checked="" type="checkbox"/> JIUJUTSU \$ 6:00-7:00 - Dave	<input type="checkbox"/> FENCING \$ 6:00-8:50 - Pat	<input checked="" type="checkbox"/> JIUJUTSU \$ 6:00-7:00 - Dave	<input type="checkbox"/> FENCING \$ 7:00-8:50 - Pat		<input checked="" type="checkbox"/> AIRNASIUM
	<b>PLEASE</b>	<b>BRING</b>	<b>YOUR</b>	<b>OWN</b>	<b>MAT</b>	<input checked="" type="checkbox"/> GYMNASTICS

SCHEDULE SUBJECT TO CHANGE

\*WEATHER CONDITIONS APPLY

\$ = FEE CLASS