

JULY 2024 – 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 6:00-7:15 – Marlene	STRENGTH & STABILITY 6:00-6:55 – Ruth		
	YOGA 7:25-8:25 – Julie	CYCLE 6:00-7:00 – Janice	TRACK CIRCUIT 6:45-7:45 – Sarah	CYCLE 6:00-7:00 – Janice		
	ADVANCED STEP 8:30-9:30 – Janice	YOGA 7:00-8:05 – Sally	STEP 7:15-8:10 – Janice	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	HIIT 8:15-8:50 – Aimee	PUMP IRON 8:15-9:10 – Janice	CYCLE 8:30-9:30 – Janice	
	OUTDOOR FITNESS** 8:30-9:30 – Patti	TRX 9:00-10:00 – Sarah	CYCLE 8:30-9:30 – Janice	ADVANCED BALANCE 8:15-9:00 – Ruth		PUMP IRON 9:15-10:10 – Marylee 7/6
Cycle (7/7 & 7/21) 9:30-11:00 – Karen O.		FOAM ROLL 9:05-9:55 – Emily	OUTDOOR FITNESS** 8:30-9:30 – Patti	FOAM ROLL 9:05-9:55 – Emily		Mary B. 7/13 Aimee 7/20
		TURN & BURN 9:30-10:30 – Aimee	NO SWEAT BALANCE 8:45-9:45 – Ruth	TURN & BURN 9:30-10:30 – Aimee		Aimee 7/27
	CORE & POSTURE** 9:45-10:30 – Patti	SILVER SNKRS CIRCUIT 9:30-10:25 – Janice	PARKINSON'S CIRCUIT 9:00-9:50 – Mary	SILVER SNKRS CIRCUIT 9:30-10:25 – Janice		BOOT CAMP** 9:00-10:00 – Sam
ZUMBA 10:00-11:00 – Karina	CARDIO DANCE 10:00-11:00 – Jamie	WOMEN'S SELF-DEFENSE 10:00-11:00 – Don	CORE & POSTURE** 9:45-10:30 – Patti	WOMEN'S SELF-DEFENSE 10:00-11:00 – Don	ZUMBA 10:00-11:00 – Marylee	WOMEN'S SELF-DEFENSE 10:30-11:30 – Don
HIP HOP DANCE (7/7) 10:00-11:00 – Jennifer	CYCLE 10:00-11:00am – Janice		ZUMBA TONING 10:00-11:00 – Lorene		CYCLE 10:00-11:00 – Janice	ZUMBA 10:15-11:15 – Marylee
	Y-FIT 10:00-10:55 – Ruth	POWER STRETCH YOGA 10:40-11:50am – Mary	CYCLE 10:00-11:00 – Liz	POWER STRETCH YOGA 10:40-11:50 – Mary	Y-FIT 10:00-10:55 – Pam	
ZUMBA 11:15-12:15 – Marylee	STRETCH N FLEX 11:00-11:55 – Jane		Y-FIT 10:00-10:55am – Ruth		STRETCH N FLEX 11:00-11:55 – Mary/Aimee	
		NO SWEAT BALANCE 11:30-12:30 – Ruth	STRETCH N FLEX 11:00-11:55 – Pam		FOAM ROLL 11:00-12:00 – Emily	
	SENIOR FITNESS 11:05-12:00 – Pam		SILVER SNKRS CLASSIC 11:15-12:10 – Ginger	MEDITATIVE BREATHWORK 11:30-12:30 – Brian	STRETCH/MOVE/BALANCE 11:15-12:10 – Jane	
			PM CLASS			
	HIIT 12:10-1:05 – Janice	POW 12:00-12:55 – Mary	CHAIR ZUMBA (7/3) 12:15-1:00 – Ginger	POW 12:00-12:55 – Mary	FUNCTIONAL TRAINING** 12:00-1:00 – Sam & Patti	
		GENTLE CHAIR YOGA 12:45-1:30 – Ruth	TLC \$ 1:00-2:30 – Kay			
	PARKINSON'S CIRCUIT 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	ZUMBA GOLD 1:00-2:00 – Lorene	
		BASIC BALANCE 1:45-2:45 – Ruth				
		BARRE 2:15-3:15 – Marylee	POUND 2:50-3:50 – Tamami	BODYWORKS 2:15-3:15 – Marylee	POUND 2:30-3:30 – Tamami	CLASSROOM KEY
	MEDITATIVE BREATHWORK 4:00-5:00 – Brian					STUDIO A
	YOGA 4:00-5:15 – Cathy	GENTLE YOGA 4:00-5:00 – Kater	YOGA 4:00-5:15 – Cathy	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		STUDIO C
		CYCLE 5:30-6:30 – Liz/Jim		CYCLE 5:30-6:30 – Liz/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		AIRNASIUM
	PLEASE	BRING	YOUR	OWN	MAT	GYMNASIUM

SCHEDULE SUBJECT TO CHANGE

**WEATHER CONDITIONS APPLY

\$ = FEE CLASS