

MAY 2024 – JAMES FAMILY PRESCOTT GROUP EXERCISE SCHEDULE

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			AM CLASS			
		STRENGTH & STABILITY 6:00-6:55 – Ruth	YOGA 6:00-6:55 – Marlene	STRENGTH & STABILITY 6:00-6:55 – Ruth		
	YOGA 7:25-8:25 – Julie	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	
	OUTDOOR FITNESS** 8:30-9:30 – Patti	FOAM ROLL 9:05-9:55 – Emily	OUTDOOR FITNESS** 8:30-9:30 – Patti	FOAM ROLL 9:05-9:55 – Emily		PUMP IRON 9:15-10:10 – Sally 5/4
Cycle 9:30-11:00 – Karen O. (5/12 & 5/26)	QIGONG FLOW 9:00-10:15 – Tara	TURN & BURN 9:30-10:30 – Aimee	NO SWEAT BALANCE 8:45-9:45 – Ruth	TURN & BURN 9:30-10:30 – Aimee	QIGONG FLOW 9:00-10:15 – Tara	Marylee 5/11 Aimee 5/18
			PARKINSON'S CIRCUIT 9:00-9:50 – Mary		ZUMBA TONING 9:00-9:50 – Lorene	Sally 5/25
	CORE & POSTURE** 9:45-10:30 – Patti	SILVER SNKRS CIRCUIT 9:30-10:25 – Janice	CORE & POSTURE** 9:45-10:30 – Patti	SILVER SNKRS CIRCUIT 9:30-10:25 – Janice		BOOT CAMP** 10:00-11:00 – Sam
ZUMBA 10:00-11:00 – Karina	CARDIO DANCE 10:00-11:00 – Jamie	WOMEN'S SELF-DEFENSE 10:00-11:00 – Don	ZUMBA TONING 10:00-11:00 – Lorene	WOMEN'S SELF-DEFENSE 10:00-11:00 – Don	ZUMBA 10:00-11:00 – Marylee	WOMEN'S SELF-DEFENSE 10:30-11:30 – Don
	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 – Ruth	POWER STRETCH YOGA 10:40-11:50am – Mary	Y-FIT 10:00-10:55am – Ruth	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	
		NO SWEAT BALANCE 11:30-12:30 – Ruth			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	MURPH \$ 12:00-1:00 – Aimee		MURPH \$ 12:00-1:00 – Aimee	FUNCTIONAL TRAINING** 12:00-1:00 – Sam & Patti	
		POW 12:00-12:55 – Mary	TLC \$ 1:00-2:30 – Kay	POW 12:00-12:55 – Mary		
	PARKINSON'S CIRCUIT 1:10-2:30 – Emily	GENTLE CHAIR YOGA 12:45-1:30 – Ruth	PARKINSON'S 1:10-2:30 – Mary & Ruth	PARKINSON'S 1:10-2:05 – Mary & Emily		
	MEDITATIVE BREATHWORK 4:00-5:00 – Brian	PARKINSON'S 1:10-2:05 – Mary & Sam		BODYWORKS 2:15-3:15 – Marylee		CLASSROOM KEY
	YOGA 4:00-5:15 – Cathy	BARRE 2:15-3:15 – Marylee	YOGA 4:00-5:15 – Terri	GENTLE YOGA 4:00-5:00 – Kater		STUDIO A
		POUND** 2:30-3:30 – Tamami			POUND** 2:30-3:30 – Tamami	STUDIO B
	ZUMBA 5:30-6:25 – Jessica	GENTLE YOGA 4:00-5:00 – Kater	ZUMBA 5:30-6:25 – Jessica	YOGA 5:35-6:50 – Kevin	ZUMBA 5:30-6:30 – Karina	STUDIO C
		CYCLE 5:30-6:30 – Jim/Liz		CYCLE 5:30-6:30 – Jim/Liz		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	GYMNASTICS

SCHEDULE SUBJECT TO CHANGE

**WEATHER CONDITIONS APPLY

\$ = FEE CLASS