



NOVEMBER 2024 – JAMES FAMILY PRESCOTT GROUP EXERCISE SCHEDULE

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<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 type="checkbox"/> YOGA 7:15-8:15 – Julie	<input type="checkbox"/> CYCLE 6:00-7:00 – Janice		<input type="checkbox"/> CYCLE 6:00-7:00 – Janice		
	<input type="checkbox"/> ADVANCED STEP 8:30-9:30 – Janice	<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 type="checkbox"/> HIIT 8:00-8:45 – Aimee	<input type="checkbox"/> CYCLE 8:15-9:15 – Jody
	<input type="checkbox"/> RHYTHM RIDE 8:30-9:30 – Marsha	<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"/> CYCLE 8:30-9:30 – Janice	
	<input checked="" type="checkbox"/> OUTDOOR FITNESS* 8:30-9:30 – Patti		<input type="checkbox"/> CYCLE 8:30-9:30 – Janice	<input checked="" type="checkbox"/> ADVANCED BALANCE 8:15-9:00 – Ruth	<input type="checkbox"/> PILATES 9:00-9:50 – Cindy	<input type="checkbox"/> PUMP IRON 9:15-10:10 – Sally 11/2
		<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"/> Cindy 11/9 Marylee 11/16
		<input type="checkbox"/> TURN & BURN 9:30-10:30 – Aimee	<input checked="" type="checkbox"/> NO SWEAT BALANCE 8:45-9:45 – Ruth	<input type="checkbox"/> TURN & BURN 9:30-10:30 – Aimee		<input type="checkbox"/> Mary B. 11/23 Sally 11/30
	<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"/> ZUMBA 10:00-11:00 – Karina	<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"/> HIP HOP DANCE 10:00-11:00 – Jennifer	<input type="checkbox"/> CYCLE 10:00-11:00am – Janice		<input type="checkbox"/> ZUMBA TONING 10:00-11:00 – Lorene		<input type="checkbox"/> CYCLE 10:00-11:00 – Janice	<input type="checkbox"/> ZUMBA 10:15-11:15 – Marylee
<input checked="" type="checkbox"/> (11/3)	<input checked="" type="checkbox"/> Y-FIT 10:00-10:55 – Ruth	<input type="checkbox"/> POWER STRETCH YOGA 10:40-11:50am – Mary	<input 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 (11/6) 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	CLASSROOM KEY
						<input type="checkbox"/> STUDIO A
	<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 (temporary change)
		<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
	PLEASE	BRING	YOUR	OWN	MAT	<input checked="" type="checkbox"/> GYMNASISTICS

SCHEDULE SUBJECT TO CHANGE

*WEATHER CONDITIONS APPLY

\$ = FEE CLASS