



GROUP EXERCISE SCHEDULE JANUARY 2021 - JAMES FAMILY PRESCOTT YMCA

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING CLASSES						
		Pump Iron - LV 6:00-6:55am - Mary B		Pump Iron - LV 6:00-6:55am - Mary B		
	Cycle 8:30-9:30 am - Marsha		Beginning Cycle 8:30-9:30 am - Janice		Cycle 8:30-9:30 am - Janice	Cycle ** 8:15-9:15 am - Jody
	Step 8:30-9:30 am - Janice	Pump Iron - LV 8:00-9:00 am - Janice		Pump Iron - LV 8:00-9:00 am - Janice	Zumba ** 9:30-10:25 am - Marylee	
			Boot Camp 10:00-11:00 am - Janice			Pump Iron - LV 9:00-9:55 am - Janice
	Cycle 10:00-11:00 am - Janice	Silver Snkrs Classic - LV 9:30-10:25 am Janice	Cycle 10:00-11:00 am - Chris	Silver Snkrs Circuit - LV 9:30-10:25 am Janice	Cycle 10:00-11:00 am - Janice	
PLEASE	Y-Fit - LV 10:00-10:55 am - Jane		Y-Fit - LV 10:00-10:55 am - Jane		Y-Fit Interval - LV 10:00-10:55 am Marsha	
BRING		Power Stretch Yoga-LV 10:45-11:45 am - Mary H		Power Stretch Yoga-LV 10:45-11:45 am - Mary H		
YOUR	Stretch N Flex 11:00-11:55 am - Jane		Stretch N Flex 11:00-11:55 am - Pam		Stretch N Flex 11:00-11:55 am - Marsha	Classroom Color Key
OWN	Tabata 12:00-1:00pm - Janice	WOW - LV 12:00-12:55 pm - Mary H		WOW - LV 12:00-12:55 pm - Mary H		Live/Virtual - LV
MAT						Studio A
\$ = FEE CLASS						Studio B
** NEW OR CLASS CHANGE		The Y is closed Friday, January 1				Gymnasium

Schedule subject to change

FACE COVERINGS ARE REQUIRED IN THE FITNESS CENTER, WEIGHT ROOM & STUDIOS AT ALL TIMES.