



# JANUARY 2022 - JAMES FAMILY PRESCOTT YMCA GROUP EXERCISE SCHEDULE

[www.prescottymca.org](http://www.prescottymca.org)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>MORNING CLASSES</b>						
	<b>Tabata</b> 6:00-6:55 am - Aimee	<b>Pump Iron</b> 6:00-6:55am - Aimee	<b>Yoga **</b> 6:00-6:55 am - Marlene	<b>Pump Iron</b> 6:00-6:55am - Aimee		
		<b>Cycle</b> 6:00-7:00 am - Janice	<b>Step</b> 7:15-8:15 am - Janice	<b>Cycle</b> 6:00-7:00 am - Janice		
	<b>Rhythm Ride</b> 8:30-9:30 am - Marsha	<b>Yoga</b> 7:00-8:05 am - Sally	<b>Cycle</b> 8:30-9:30 am - Janice	<b>Yoga</b> 7:00-8:05 am - Sally	<b>Cycle</b> 8:30-9:30 am - Janice	<b>Cycle</b> 8:15-9:15 am - Jody
	<b>Advanced Step</b> 8:30-9:30 am - Janice	<b>Pump Iron</b> 8:15-9:10 am - Janice	<b>Zumba</b> 9:00-9:55 am - Nitima	<b>Pump Iron</b> 8:15-9:10 am - Janice	<b>Zumba</b> 9:30-10:25 am - Marylee	<b>Pump Iron</b> 9:00-9:55 am - Janice
	<b>Zumba</b> 10:00-11:00 am - Jamie	<b>Turn &amp; Burn**</b> 9:30-10:30am-Cindy	<b>Boot Camp</b> 10:00-10:55 am - Janice	<b>Turn &amp; Burn**</b> 9:30-10:30 am - Aimee	<b>QiGong</b> 10:00-11:15 am - Tara	<b>Zumba</b> 10:15-11:15 am - Marylee
<b>**Zumba**</b> 11:30-12:30 pm - Marylee	<b>Cycle</b> 10:00-11:00 am - Janice	<b>Silver Snkrs Circuit</b> 9:30-10:25 am - Janice	<b>Cycle</b> 10:00-11:00 am - Cindy	<b>Silver Snkrs Circuit</b> 9:30-10:25 am - Janice	<b>Cycle</b> 10:00-11:00 am - Janice	<b>FLOW**</b> 11:20-12:20 pm - Tara
<b>**Start Date**</b> 1/16/22	<b>Y-Fit</b> 10:00-10:55 am - Jane		<b>Y-Fit</b> 10:00-10:55 am - Karen C		<b>Y-Fit - Interval</b> 10:00-10:55 am - Pam	
	<b>Stretch N Flex</b> 11:00-11:55 am - Jane	<b>Power Stretch Yoga**</b> 10:40-11:50 am - Mary	<b>Stretch N Flex</b> 11:00-11:55 am - Pam	<b>Power Stretch Yoga**</b> 10:40-11:50 am - Mary	<b>Stretch N Flex</b> 11:00-11:55 am - Terri	
	<b>Senior Fitness</b> 11:15-12:10 am - Pam		<b>Silver Snkrs Classic</b> 11:15-12:10 pm - Cindy		<b>Stretch,Move,Balance</b> 11:15-12:10 pm - Jane	
<b>AFTERNOON CLASSES</b>						
	<b>Tabata</b> 12:15-1:10 pm - Janice	<b>POW **</b> 12:00-12:55 pm - Mary	<b>Boot Camp</b> 12:15-1:10 pm - Aimee	<b>POW **</b> 12:00-12:55 pm - Mary	<b>Boot Camp</b> 12:15-1:10 pm - Aimee	<b>Fencing** \$</b> 1- 4 pm - Pat
	<b>QiGong</b> 1:15-2:15pm - Tara	<b>Parkinson's</b> 1:10-1:55 pm - Mary&Emily	<b>TLC \$</b> 1:30-2:30 pm - Kay	<b>Parkinson's</b> 1:10-1:55 pm - Mary&Emily		
	<b>Yoga</b> 3:00-4:15 pm - Cathy	<b>**Bodyworks**</b> 2:15-3:15 pm - Marylee	<b>Yoga</b> 3:00-4:15 pm - Terri	<b>**Bodyworks**</b> 2:15-3:15 pm - Marylee		
		<b>**Start date**</b> 1/18/22		<b>**Start date**</b> 1/20/22		
<b>EVENING CLASSES</b>						
		<b>FLOW**</b> 4:00-5:00 pm - Tara	<b>QiGong</b> 4:20-5:20 pm - Tara	<b>Turn &amp; Burn**</b> 5:00-6:00 pm - Aimee		
	<b>Zumba</b> 5:30-6:25 pm - Jessica	<b>Turn &amp; Burn**</b> 5:00-6:00 pm - Aimee	<b>Zumba</b> 5:30-6:25 pm - Jessica	<b>Yoga</b> 5:35-6:50pm - Kevin		<b>Classroom Color Key</b>
		<b>Fencing \$</b> 6:15-8:50pm - Pat		<b>Fencing \$</b> 7:00-8:50pm - Pat		<b>Studio A</b>
	<b>PLEASE</b>	<b>BRING</b>	<b>YOUR</b>	<b>OWN</b>	<b>MAT</b>	<b>Studio B</b>
	\$ = FEE CLASS					<b>Studio C</b>
	** NEW OR CLASS CHANGE					<b>Gymnasium</b>

Schedule subject to change