




# GROUP EXERCISE SCHEDULE MARCH 2020 - JAMES FAMILY PRESCOTT YMCA

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| SUNDAY  | MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY   | SATURDAY  |
|---|--|---|--|---|--|---|
| <b>MORNING CLASSES</b>                                      |  |   |  |   |  |   |
| <b>PIYo</b><br>9:30-10:45am - Kaolin                        | <b>Yoga</b><br>5:45-6:45 am - Marlene                  | <b>Pump Iron</b><br>6:00-6:55am - Mary B  | <b>Yoga</b><br>5:45-6:45 am - Marlene                    | <b>Pump Iron</b><br>6:00-6:55am - Mary B                  | <b>Tabata</b><br>5:45-6:45am - Janice                      | <b>Cycle Intervals</b><br>7:30-8:30 am - Janice |
| <b>Rhythm Intvls 3/1 &amp; 3/15</b><br>9:15-10:45 am - Jody | <b>Advanced Step</b><br>8:30-9:30 am - Janice          | <b>Cycle Intervals</b><br>6:00-7:00 am - Janice                                     | <b>Step</b><br>7:15-8:15 am - Janice                     | <b>Cycle Intervals</b><br>6:00-7:00 am - Janice           | <b>Urban Cardio Yoga</b><br>8:00-8:55 am - Jamie           | <b>Yoga</b><br>7:30-8:45am - Sally              |
| <b>Yoga</b><br>11:00-11:55 am - Kaolin                      | <b>Rhythm Ride</b><br>8:30-9:30 am - Bridgett          | <b>Morning Yoga</b><br>7:00-8:15 am - Sally   | <b>Vinyasa Flow Yoga</b><br>8:00-8:55 am - Mary H        | <b>Morning Yoga</b><br>7:00-8:15 am - Sally               | <b>Rhythm Intervals</b><br>8:30-9:30 am - Jody             | <b>Pump Iron</b><br>9:00-9:55 am - Janice/Jenny |
| <b>Zumba</b><br>11:30-12:25pm - Marylee                     |  | <b>Pump Iron</b><br>8:30-9:25 am - Janice   | <b>Beginning Cycle</b><br>8:30-9:30 am - Janice          | <b>Pump Iron</b><br>8:30-9:25 am - Janice                 | <b>Boot Camp **</b><br>8:30-9:25 am - Mary                 | <b>Zumba</b><br>10:00-10:55 am - Jamie/Dre      |
|   | <b>Y-Fit</b><br>10:00-10:55 am - Jane                  | <b>Rhythm Intervals</b><br>9:00-10:00 am - Jody                                     | <b>Total Body Conditioning</b><br>8:30-9:25 am - Raecene | <b>Rhythm Intervals</b><br>9:00-10:00 am - Jody           | <b>Zumba</b><br>9:00-9:55 am - Jamie                       | <b>TaeKwonDo \$</b><br>11:00-12:00 pm - Joan    |
|   | <b>Pilates \$</b><br>10:00-11:00 am - Nino             | <b>Mommy Boot Camp</b><br>9:30-10:30 am - Janice                                    | <b>ABSolute Core</b><br>9:30-9:55 am - Raecene           | <b>Mommy Boot Camp</b><br>9:30-10:30 am - Janice          | <b>Qigong</b><br>9:00-9:55 am - Tara                       |   |
|   | <b>Cycle Intervals</b><br>10:00-11:00 am - Janice      | <b>Zumba</b><br>9:30-10:25 am - Jamie   | <b>POUND</b><br>9:00-9:50 am - Shaunta                   | <b>Zumba</b><br>9:30-10:25 am - Marylee                   | <b>Sound Meditation</b><br>10:00-10:55 am - Niki           |   |
|   | <b>Silver Sneakers Classic</b><br>11:00-11:55 am - Pam | <b>Silver Sneakers Circuit</b><br>10:30-11:25 am - Janice                           | <b>Y-Fit</b><br>10:00-10:55 am - Jane                    | <b>Silver Sneakers Circuit</b><br>10:30-11:25 am - Janice | <b>Y-Fit - Interval</b><br>10:00-10:55 am - Marsha         |   |
|   | <b>Stretch N Flex</b><br>11:00-11:55 am - Jane         |   | <b>Pilates \$</b><br>10:00-11:00 am - Nino               |   | <b>Cycle</b><br>10:00-11:00 am - Janice                    |   |
|   | <b>Cycle</b><br>12:00-1:00 pm - Marsha                 | <b>Power Stretch Yoga</b><br>10:35-11:50 am - Mary                                  | <b>Rock n Ride</b><br>10:00-11:00 am - Chris             | <b>Power Stretch Yoga</b><br>10:35-11:50 am - Mary        | <b>Stretch, Move, Balance</b><br>11:00-11:55 am - Jane/Pam |   |
|   | <b>Qigong **</b><br>12:00-1:55 pm - Tara               |   | <b>Silver Sneakers Classic</b><br>11:00-11:55 am - Jane  |   | <b>Stretch N Flex</b><br>11:00-11:55 am - Marsha           |   |
|   | <b>Tabata</b><br>12:00-12:55 pm - Janice               | <b>WOW</b><br>12:00-12:55 pm - Mary   | <b>Stretch N Flex</b><br>11:00-11:55 am - Pam            | <b>WOW</b><br>12:00-12:55 pm - Mary                       | <b>Barre</b><br>12:00-12:55 pm - Sally                     |   |
|   | <b>Barre</b><br>1:00-1:55 pm - Sally                   | <b>Parkinson's</b><br>1:05-1:55 pm - Mary's   | <b>Cycle</b><br>12:00-1:00 pm - Marsha                   | <b>Chi Flow</b><br>1:00-1:55 pm - Tara                    | <b>Cycle</b><br>12:00-1:00 pm - Janice                     |   |
|   |  |   | <b>Qigong **</b><br>12:00-1:55 pm - Tara                 | <b>Parkinson's (a/o 3/19)</b><br>1:05-1:55 pm - Mary's    |  |   |
|   |  |   | <b>Tabata</b><br>12:00-12:55 pm - Jody                   |   |  |   |
| <b>EVENING CLASSES</b>                                      |  |   |  |   |  |   |
|   | <b>Yoga</b><br>3:00-4:15 pm - Darlene                  |  |  | <b>Yoga</b><br>3:00-4:15 pm - Mary H.                     |  |   |
|   | <b>Tabata</b><br>4:30-5:25 pm - Jody                   | <b>Pump Iron</b><br>4:30-5:25 pm - Cindy  | <b>Total Body Conditioning</b><br>4:30-5:25 pm - Jenny   | <b>Pump Iron</b><br>4:30-5:25 pm - Bridgett/Kaolin        |  | <b>Classroom Color Key</b>                      |
|   | <b>Rhythm Ride</b><br>4:30-5:00 pm - Cindy             | <b>POUND</b><br>5:30-6:25 pm - Richard  | <b>Power Abs</b><br>5:00-5:30 pm - Cindy                 | <b>Sivananda Yoga</b><br>5:35-6:50 pm - Kevin             |  | <b>Studio A</b>                                 |
|   | <b>Power Abs</b><br>5:00-5:30 pm - Cindy               | <b>Ju-Jitsu \$</b><br>7:15-8:15 pm - Steve  | <b>Beginners Cycle</b><br>5:30-6:15 pm - Cindy           |   |  | <b>Studio B</b>                                 |
| <b>\$ = FEE CLASS</b>                                       | <b>Zumba</b><br>5:30-6:25 pm - Jessica                 |   | <b>Zumba</b><br>5:30-6:25 pm - Jessica                   |   |  | <b>Studio C</b>                                 |
| <b>** NEW OR CLASS CHANGE</b>                               |  |   | <b>TaeKwonDo \$</b><br>6:30-7:30 pm - Joan               |   |  | <b>Gymnasium</b>                                |

Schedule subject to change