



# GROUP EXERCISE SCHEDULE NOVEMBER 2021 - JAMES FAMILY PRESCOTT YMCA

[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 - Mary B	<b>Pump Iron</b> 6:00-6:55am - Mary B	<b>Yoga</b> 6:00-6:55 am - Marlene	<b>Pump Iron</b> 6:00-6:55am - Mary B		
		<b>Cycle</b> 6:00-7:00 am - Janice		<b>Cycle</b> 6:00-7:00 am - Janice		
	<b>Advanced Step</b> 8:30-9:30 am - Janice	<b>Yoga</b> 7:00-8:05 am - Sally	<b>Step</b> 7:15-8:15 am - Janice	<b>Yoga</b> 7:00-8:05 am - Sally		<b>Cycle</b> 8:15-9:15 am - Jody
	<b>Rhythm Ride</b> 8:30-9:30 am - Marsha	<b>Pump Iron</b> 8:15-9:10 am - Janice	<b>Cycle</b> 8:30-9:30 am - Janice	<b>Pump Iron</b> 8:15-9:10 am - Janice	<b>Cycle</b> 8:30-9:30 am - Janice	<b>Pump Iron</b> 9:00-9:55 am - Janice
	<b>Zumba</b> 10:00-11:00 am - Jamie	<b>Silver Snkrs Circuit</b> 9:30-10:25 am - Janice	<b>Boot Camp</b> 10:00-10:55 am - Janice	<b>Silver Snkrs Circuit</b> 9:30-10:25 am - Janice	<b>Zumba</b> 9:30-10:25 am - Marylee	<b>Zumba</b> 10:15-11:15 am - Marylee
	<b>Cycle</b> 10:00-11:00 am - Janice	<b>Power Stretch Yoga</b> 10:45-11:45 am - Mary	<b>Cycle</b> 10:00-11:00 am - Cindy	<b>Power Stretch Yoga</b> 10:45-11:45 am - Mary H	<b>Cycle</b> 10:00-11:00 am - Janice	
	<b>Y-Fit</b> 10:00-10:55 am - Jane	<b>WOW</b> 12:00-12:55 pm - Mary H	<b>Y-Fit</b> 10:00-11:55 am - Karen C	<b>WOW</b> 12:00-12:55 pm - Mary H	<b>Y-Fit - Interval</b> 10:00-10:55 am - Pam	
	<b>Stretch N Flex</b> 11:00-11:55 am - Jane	<b>Parkinson's</b> 1:10-1:55 pm - Marys	<b>Stretch N Flex</b> 11:00-11:55 am - Pam	<b>Parkinson's</b> 1:10-1:55 pm - Marys	<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> 11:15-12:15 pm - Cindy		<b>Stretch,Move,Balance</b> 11:15-12:10 pm - Jane	
	<b>Tabata</b> 12:15-1:10 pm - Janice					
	<b>QiGong</b> 1:15-2:15pm - Tara		<b>TLC \$</b> 1:30-2:30 pm - Kay			
	<b>Yoga</b> 3:00-4:15 pm - Sally		<b>Yoga</b> 3:00-4:15 pm - Terri			
<b>EVENING CLASSES</b>						
	<b>Zumba</b> 5:30-6:25 pm - Jessica		<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>PLEASE</b>	<b>BRING</b>	<b>YOUR</b>	<b>OWN</b>	<b>MAT</b>	Studio A
	\$ = FEE CLASS					Studio B
	** NEW OR CLASS CHANGE					Gymnasium

Schedule subject to change