



GROUP EXERCISE SCHEDULE OCTOBER 2021 - JAMES FAMILY PRESCOTT YMCA

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING CLASSES						
	Tabata 6:00-6:55 am - Mary B	Pump Iron 6:00-6:55am - Mary B	Yoga 6:00-6:55 am - Marlene	Pump Iron 6:00-6:55am - Mary B		
		Cycle 6:00-7:00 am - Janice		Cycle 6:00-7:00 am - Janice		
	Advanced Step 8:30-9:30 am - Janice	Yoga 7:00-8:05 am - Sally	Step 7:15-8:15 am - Janice	Yoga 7:00-8:05 am - Sally		Cycle 8:15-9:15 am - Jody
	Rhythm Ride 8:30-9:30 am - Marsha	Pump Iron 8:15-9:10 am - Janice	Cycle 8:30-9:30 am - Janice	Pump Iron 8:15-9:10 am - Janice	Cycle 8:30-9:30 am - Janice	Pump Iron 9:00-9:55 am - Janice
	Zumba 10:00-11:00 am - Jamie		Boot Camp 10:00-10:55 am - Janice		Zumba 9:30-10:25 am - Marylee	Zumba 10:15-11:15 am - Marylee
	Cycle 10:00-11:00 am - Janice		Cycle 10:00-11:00 am - Cindy		Cycle 10:00-11:00 am - Janice	
	Y-Fit 10:00-10:55 am - Jane	Silver Snkrs Circuit 9:30-10:25 am - Janice	Y-Fit 10:00-10:55 am - Karen C	Silver Snkrs Circuit 9:30-10:25 am - Janice	Y-Fit - Interval 10:00-10:55 am - Pam	
	Stretch N Flex 11:00-11:55 am - Jane	Power Stretch Yoga 10:45-11:45 am - Mary	Stretch N Flex 11:00-11:55 am - Pam	Power Stretch Yoga 10:45-11:45 am - Mary H	Stretch N Flex 11:00-11:55 am - Terri	
	Senior Fitness 11:15-12:10 am - Pam	WOW 12:00-12:55 pm - Mary H	Silver Snkrs Classic 11:15-12:15 pm - Cindy	WOW 12:00-12:55 pm - Mary H	Stretch,Move,Balance 11:15-12:10 pm - Jane	
	Tabata 12:15-1:10 pm - Janice	Parkinson's 1:10-1:55 pm - Marys	TLC 1:30-2:30 pm - Kay	Parkinson's 1:10-1:55 pm - Marys		
	QiGong *starts 10/11 1:15-2:15pm - Tara					
	Yoga 3:00-4:15 pm - Sally		Yoga 3:00-4:15 pm - Terri			
EVENING CLASSES						
	Zumba 5:30-6:25 pm - Jessica	Fencing 6:15-8:50pm - Pat	Zumba 5:30-6:25 pm - Jessica	Yoga 5:35-6:50pm - Kevin		Classroom Color Key
				Fencing 7:00-8:50pm - Pat		
	PLEASE	BRING	YOUR	OWN	MAT	Studio A
	\$ = FEE CLASS					Studio B
	** NEW OR CLASS CHANGE					Gymnasium



Schedule subject to change