



SEPTEMBER 2019 - GROUP EXERCISE SCHEDULE

JAMES FAMILY PRESCOTT YMCA

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

Schedule subject to change

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>MORNING CLASSES</b>						
<b>PIYo</b> 9:30-10:45am - Kaolin	<b>Cardio Tabata</b> 5:45-6:45 am - Maria	<b>Pump Iron</b> 6:00-6:55am - Maria	<b>Step</b> 7:15-8:15 am - Janice	<b>Pump Iron</b> 6:00-6:55am - Maria	<b>Step</b> 5:45-6:45am - Janice	<b>Cycle Intervals</b> 7:30-8:30 am - Janice
<b>Rhythm Intvis 9/1 &amp; 9/15</b> 9:15-10:45 am - Jody	<b>Advanced Step</b> 8:30-9:30 am - Janice	<b>Cycle Intervals</b> 6:00-7:00 am - Janice	<b>Vinyasa Flow Yoga</b> 8:00-8:55 am - Kaolin	<b>Cycle Intervals</b> 6:00-7:00 am - Janice	<b>Urban Cardio Yoga</b> 8:00-8:55 am - Jamie	<b>Yoga</b> 7:30-8:45am - Sally
<b>Yoga</b> 11:00-11:55 am - Kaolin	<b>Rhythm Ride</b> 8:30-9:30 am - Bridgett	<b>Morning Yoga</b> 7:00-8:15 am - Sally	<b>Beginning Cycle</b> 8:30-9:30 am - Janice	<b>Morning Yoga</b> 7:00-8:15 am - Sally	<b>Rhythm Intervals</b> 8:30-9:30 am - Jody	<b>Pump Iron</b> 9:00-9:55 am - Janice/Jenny
<b>Zumba</b> 11:30-12:25pm - Marylee	<b>Vinyasa Flow Yoga</b> 8:30-9:45 am - Kaolin	<b>Pump Iron</b> 8:30-9:25 am - Janice	<b>Total Body Conditioning</b> 8:45-9:45 am - Raecene	<b>Pump Iron</b> 8:30-9:25 am - Janice	<b>Boot Camp</b> 8:45-9:45 am - Jenny	<b>Zumba</b> 10:00-10:55 am - Jamie
	<b>Y-Fit</b> 10:00-10:55 am - Jane	<b>Rhythm Intervals</b> 9:00-10:00 am - Jody	<b>POUND</b> 9:00-9:50 am - Shaunta	<b>Rhythm Intervals</b> 9:00-10:00 am - Jody	<b>Zumba</b> 9:00-9:55 am - Jamie	<b>TaeKwonDo \$</b> 11:00-12:00 pm - Joan
	<b>Pilates \$</b> 10:00-11:00 am - Nino	<b>Mommy Boot Camp</b> 9:30-10:30 am - Janice	<b>Y-Fit</b> 10:00-10:55 am - Jane/Karen	<b>Mommy Boot Camp</b> 9:30-10:30 am - Janice	<b>Qigong</b> 9:00-9:55 am - Tara	
	<b>Cycle Intervals</b> 10:00-11:00 am - Janice	<b>Zumba</b> 9:30-10:25 am - Jamie	<b>Pilates \$</b> 10:00-11:00 am - Nino	<b>Latin Dance Aerobics</b> 9:30-10:25 am - Karen	<b>Sound Meditation</b> 10:00-10:55 am - Nikki	
	<b>Silver Sneakers Classic</b> 11:00-11:55 am - Pam	<b>Silver Sneakers Circuit</b> 10:30-11:25 am - Janice	<b>Rock n Ride</b> 10:00-11:00 am - Chris	<b>Silver Sneakers Circuit</b> 10:30-11:25 am - Janice	<b>Y-Fit - Interval</b> 10:00-10:55 am - Marsha	<b>Kitaku Kenpo 4-9 \$</b> 2:00-2:45 pm
	<b>Stretch N Flex</b> 11:00-11:55 am - Jane		<b>Silver Sneakers Classic</b> 11:00-11:55 am - Jane		<b>Cycle</b> 10:00-11:00 am - Janice	<b>Kitaku Kenpo 10+ \$</b> 3:00-4:00 pm
	<b>Cycle</b> 12:00-1:00 pm - Marsha	<b>Power Stretch Yoga</b> 10:35-11:50 am - Mary	<b>Stretch N Flex</b> 11:00-11:55 am - Pam	<b>Power Stretch Yoga</b> 10:35-11:50 am - Mary	<b>Stretch, Move, Balance</b> 11:00-11:55 am - Jane/Pam	<b>Adult Self Defense \$</b> 4:00-5:00 pm
	<b>Qigong</b> 12:00-1:00 pm - Tara		<b>Cycle</b> 12:00-1:00 pm - Marsha		<b>Stretch N Flex</b> 11:00-11:55 am - Marsha	
	<b>Tabata</b> 12:00-12:55 pm - Janice	<b>WOW</b> 12:00-12:55 pm - Mary	<b>Qigong</b> 12:00-1:00 pm - Tara	<b>WOW</b> 12:00-12:55 pm - Mary	<b>Barre</b> 12:00-12:55 pm - Elyse	
	<b>*** Barre</b> 1:00-1:55 pm - Sally	<b>*** Parkinson's</b> 1:00-1:55 pm - Mary	<b>Tabata</b> 12:00-12:55 pm - Jody/Mary	<b>*** Tai Chi</b> 1:00-1:55 pm - Tara	<b>Cycle</b> 12:00-1:00 pm - Janice	
<b>EVENING CLASSES</b>						
	<b>Yoga</b> 3:00-4:15 pm - Darlene		<b>Yoga</b> 3:00-4:15 pm - Terri			
	<b>Tabata</b> 4:30-5:25 pm - Jody	<b>Pump Iron</b> 4:30-5:25 pm - Cindy	<b>Total Body Conditioning</b> 4:30-5:25 pm - Jenny	<b>Pump Iron</b> 4:30-5:25 pm - Bridgett/Kaolin	<b>Kitaku Kenpo 4-9 \$</b> 5:15-6:00 pm	
	<b>Rhythm Ride</b> 4:30-5:00 pm - Cindy	<b>POUND</b> 5:30-6:25 pm - Richard	<b>Power Abs</b> 5:00-5:30 pm - Cindy	<b>Sivananda Yoga</b> 5:35-6:50 pm - Kevin	<b>Kitaku Kenpo 10+ \$</b> 6:00-7:00 pm	<b>Classroom Color Key</b>
	<b>Power Abs</b> 5:00-5:30 pm - Cindy	<b>Hip Hop Fitness</b> 6:30-7:25 pm - Jennifer	<b>Beginners Cycle</b> 5:30-6:15 pm - Cindy			<b>Studio A</b>
	<b>Zumba</b> 5:30-6:25 pm - Jessica	<b>Ju-Jitsu \$</b> 7:15-8:15 pm - Steve	<b>Zumba</b> 5:30-6:25 pm - Jessica			<b>Studio B</b>
<b>\$ = FEE CLASS</b>			<b>TaeKwonDo \$</b> 6:30-7:30 pm - Joan			<b>Studio C</b>
<b>** NEW OR CLASS CHANGE</b>						<b>Gymnasium</b>