



JANUARY 2025 – JAMES FAMILY PRESCOTT GROUP EXERCISE SCHEDULE

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daxko.com

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<input type="checkbox"/> CARDIO PILATES 6:00-7:00 - Sarah	<input type="checkbox"/> STRENGTH & STABILITY 6:00-6:55 - Ruth	<input type="checkbox"/> AM CLASS YOGA 6:00-7:15 - Marlene	<input type="checkbox"/> STRENGTH & STABILITY 6:00-6:55 - Ruth		
		<input type="checkbox"/> CYCLE 6:00-7:00 - Janice		<input type="checkbox"/> CYCLE 6:00-7:00 - Janice		
<input type="checkbox"/> YOGA 7:15-8:15 - Julie	<input type="checkbox"/> YOGA 7:00-8:05 - Sally	<input type="checkbox"/> STEP 7:15-8:10 - Janice	<input type="checkbox"/> YOGA 7:00-8:05 - Sally			<input type="checkbox"/> CYCLE 8:15-9:15 - Jody
<input type="checkbox"/> ADVANCED STEP 8:30-9:30 - Janice	<input type="checkbox"/> PUMP IRON 8:15-9:10 - Janice	<input type="checkbox"/> HIIT 8:15-8:50 - Aimee	<input type="checkbox"/> PUMP IRON 8:15-9:10 - Janice	<input type="checkbox"/> HIIT 8:00-8:45 - Aimee		
<input type="checkbox"/> RHYTHM RIDE 8:30-9:30 - Marsha		<input type="checkbox"/> CYCLE 8:30-9:30 - Janice	<input type="checkbox"/> ADVANCED BALANCE 8:15-9:00 - Ruth	<input type="checkbox"/> CYCLE 8:30-9:30 - Janice		<input type="checkbox"/> PUMP IRON 9:15-10:10 - Aimee 1/4
<input type="checkbox"/> CYCLE 9:30-10:30 - Jim	<input type="checkbox"/> OUTDOOR FITNESS* 9:00-10:00 - Patti	<input type="checkbox"/> FOAM ROLL 9:05-9:55 - Emily	<input type="checkbox"/> OUTDOOR FITNESS* 9:00-10:00 - Patti	<input type="checkbox"/> FOAM ROLL 9:05-9:55 - Emily	<input type="checkbox"/> PILATES 9:00-9:50 - Cindy	Sally 1/11 Mary B. 1/18 Cindy 1/25
		<input type="checkbox"/> TURN & BURN 9:30-10:30 - Aimee	<input type="checkbox"/> NO SWEAT BALANCE 8:45-9:45 - Ruth	<input type="checkbox"/> TURN & BURN 9:30-10:30 - Aimee		
<input type="checkbox"/> HIP HOP DANCE (1/5) 10:00-11:00 - Jennifer	<input type="checkbox"/> CORE & POSTURE* 10:15-11:00 - Patti	<input type="checkbox"/> SILVER SNKRS CIRCUIT 9:30-10:25 - Janice	<input type="checkbox"/> PARKINSON'S CIRCUIT 9:00-9:50 - Mary	<input type="checkbox"/> SILVER SNKRS CIRCUIT 9:30-10:25 - Janice		<input type="checkbox"/> BOOT CAMP* 10:00-11:00 - Sam
	<input type="checkbox"/> CARDIO DANCE 10:00-11:00 - Jamie	<input type="checkbox"/> WOMEN'S SELF-DEFENSE 10:00-11:00 - Don	<input type="checkbox"/> CORE & POSTURE* 10:15-11:00 - Patti	<input type="checkbox"/> WOMEN'S SELF-DEFENSE 10:00-11:00 - Don	<input type="checkbox"/> ZUMBA 10:00-11:00 - Marylee	
	<input type="checkbox"/> CYCLE 10:00-11:00am - Janice		<input type="checkbox"/> ZUMBA TONING 10:00-11:00 - Lorene		<input type="checkbox"/> CYCLE 10:00-11:00 - Janice	<input type="checkbox"/> ZUMBA 10:15-11:15 - Marylee
	<input type="checkbox"/> Y-FIT 10:00-10:55 - Ruth	<input type="checkbox"/> POWER STRETCH YOGA 10:40-11:50am - Mary	<input type="checkbox"/> CYCLE 10:00-11:00 - Liz	<input type="checkbox"/> POWER STRETCH YOGA 10:40-11:50 - Mary	<input type="checkbox"/> Y-FIT 10:00-10:55 - Pam	<input type="checkbox"/> WOMEN'S SELF-DEFENSE 10:30-11:30 - Don
<input type="checkbox"/> ZUMBA 11:15-12:15 - Marylee	<input type="checkbox"/> STRETCH N FLEX 11:00-11:55 - Jane		<input type="checkbox"/> Y-FIT 10:00-10:55am - Ruth		<input type="checkbox"/> STRETCH N FLEX 11:00-11:55 - Mary/Aimee	
		<input type="checkbox"/> NO SWEAT BALANCE 11:30-12:30 - Ruth	<input type="checkbox"/> STRETCH N FLEX 11:00-11:55 - Pam		<input type="checkbox"/> FOAM ROLL 11:00-12:00 - Emily	
	<input type="checkbox"/> SENIOR FITNESS 11:05-12:00 - Pam		<input type="checkbox"/> SILVER SNKRS CLASSIC 11:15-12:10 - Ginger		<input type="checkbox"/> STRETCH/MOVE/BALANCE 11:15-12:10 - Jane	
			<input type="checkbox"/> PM CLASS			
	<input type="checkbox"/> CARDIO SCULPT 12:10-1:05 - Cindy	<input type="checkbox"/> POW 12:00-12:55 - Mary	<input type="checkbox"/> CHAIR ZUMBA (1/8) 12:15-1:00 - Ginger	<input type="checkbox"/> POW 12:00-12:55 - Mary	<input type="checkbox"/> FUNCTIONAL TRNG* 12:00-1:00 - Sam/Patti	
		<input type="checkbox"/> GENTLE CHAIR YOGA 12:45-1:30 - Ruth	<input type="checkbox"/> ZUMBA GOLD 12:15-1:00 - Lorene			
<input type="checkbox"/> PARKINSON'S CIRCUIT 1:10-2:30 - Emily	<input type="checkbox"/> PARKINSON'S 1:10-2:05 - Mary/Sam	<input type="checkbox"/> TLC \$ 1:00-2:30 - Kay	<input type="checkbox"/> PARKINSON'S 1:10-2:30 - Mary/Ruth	<input type="checkbox"/> PARKINSON'S 1:10-2:05 - Mary/Emily		
	<input type="checkbox"/> BASIC BALANCE 1:45-2:45 - Ruth		<input type="checkbox"/> POUND 2:50-3:50 - Tamami		<input type="checkbox"/> POUND 2:30-3:30 - Tamami	
<input type="checkbox"/> PILATES 2:30-3:30 - Cindy						CLASSROOM KEY
						<input type="checkbox"/> STUDIO A
<input type="checkbox"/> YOGA 4:00-5:15 - Cathy	<input type="checkbox"/> GENTLE YOGA 4:00-5:00 - Kater		<input type="checkbox"/> YOGA 4:00-5:15 - Ruth	<input type="checkbox"/> GENTLE YOGA 4:00-5:00 - Kater		<input type="checkbox"/> STUDIO B
<input type="checkbox"/> ZUMBA 5:30-6:25 - Jessica			<input type="checkbox"/> ZUMBA 5:30-6:25 - Jessica	<input type="checkbox"/> YOGA 5:35-6:50 - Kevin	<input type="checkbox"/> ZUMBA 5:30-6:30 - Veronica	<input type="checkbox"/> STUDIO C
		<input type="checkbox"/> CYCLE 5:30-6:30 - Jim		<input type="checkbox"/> CYCLE 5:30-6:30 - Jim		<input type="checkbox"/> GYMNASIUM
<input type="checkbox"/> JIUJUTSU \$ 6:00-7:00 - Dave	<input type="checkbox"/> FENCING \$ 6:00-8:50 - Pat		<input type="checkbox"/> JIUJUTSU \$ 6:00-7:00 - Dave	<input type="checkbox"/> FENCING \$ 7:00-8:50 - Pat		<input type="checkbox"/> AIRNASIUM
	PLEASE	BRING	YOUR	OWN	MAT	<input type="checkbox"/> GYMNASIUMS

SCHEDULE SUBJECT TO CHANGE

*WEATHER CONDITIONS APPLY

\$ = FEE CLASS