

JULY 2025 - JAMES FAMILY PRESCOTT GROUP EXERCISE SCHEDULE

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			AM CLASSES			
CYCLE 9:30-10:30 - Karen	CARDIO PILATES 6:00-7:00 - Sarah	STRENGTH & STABILITY 6:00-6:55 - Ruth	TRX/TRACK INTERVALS 6:00-7:00 - Sarah	STRENGTH & STABILITY 6:00-6:55 - Ruth	HIIT 8:00-8:45 - Aimee	CYCLE 8:15-9:15 - Jody
HIP HOP DANCE (7/6) 10:00-11:00- Lorene	YOGA 7:15-8:15 - Julie	CYCLE 6:00-7:00 - Janice	YOGA 6:00-7:15 - Marlene	CYCLE 6:00-7:00 - Janice	CYCLE 8:30-9:30 - Janice	PUMP IRON 9:15-10:10-Mary B. 7/5
ZUMBA TONING 10:00-11:00- Lorene	OUTDOOR FITNESS* 8:00-8:50 - Patti	YOGA 7:00-8:05 - Sally	STEP 7:15-8:10 - Janice	YOGA 7:00-8:05 -Sally	PILATES 9:00-9:50 - Cindy	Sally 7/12 Marylee 7/19
ZUMBA 11:15-12:15 - Marylee	ADVANCED STEP 8:30-9:30 - Janice	PUMP IRON 8:15-9:10 - Janice	OUTDOOR FITNESS* 8:00-8:50 - Patti	PUMP IRON 8:15-9:10 - Janice	Y-FIT 10:00-10:55 - Pam	Aimee 7/26
	CYCLE 8:30-9:30 - Sally	FOAM ROLL 9:05-9:55 - Emily	HIIT 8:15-8:50 - Aimee	ADVANCED BALANCE 8:15-9:00 - Ruth	CYCLE 10:00-11:00 - Janice	BOOT CAMP 9:00-10:00 - Patti
	OUTDOOR FITNESS* 9:00-10:00 - Patti	TURN & BURN 9:30-10:30(see Studio B)	CYCLE 8:30-9:30 - Janice	FOAM ROLL 9:05-9:55 - Emily	ZUMBA 10:00-11:00 -Marylee	ZUMBA 10:15-11:15 - Marylee
	CARDIO DANCE 10:00-11:00 - Jamie	SILVER SNKRS CIRCUIT 9:30-10:25 - Janice	NO SWEAT BALANCE 8:45-9:45 - Ruth	TURN & BURN 9:30-10:30 - Daryan	STRETCH N FLEX 11:00-11:55-Mary/Aimee	WOMEN'S SELF-DEFENSE 10:30-11:30 - Don
	CYCLE 10:00-11:00am-Janice	WOMEN'S SELF-DEFENSE 10:00-11:00 - Don	OUTDOOR FITNESS* 9:00-10:00 - Patti	SILVER SNKRS CIRCUIT 9:30-10:25 - Janice	FOAM ROLL 11:00-12:00 - Emily	ZUMBA 11:30-12:30 - Karina
	Y-FIT 10:00-10:55 - Ruth	POWER STRETCH YOGA 10:40-11:50am - Mary	PARKINSON'S CIRCUIT 9:00-9:50 - Mary	WOMEN'S SELF-DEFENSE 10:00-11:00 - Don	STRETCH/MOVE/BALANCE 11:15-12:10 - Jane	
	CORE & POSTURE* 10:15-11:00 - Patti	NO SWEAT BALANCE 10:30-11:25 - Ruth	Y-FIT 10:00-10:55am -Ruth	POWER STRETCH YOGA 10:40-11:50 - Mary		
	STRETCH N FLEX 11:00-11:55 - Jane	NO SWEAT BALANCE 11:30-12:30 - Ruth	ZUMBA TONING 10:00-11:00 - Lorene			
	SENIOR FITNESS 11:05-12:00 - Pam		CYCLE 10:00-11:00 - Liz			
			CORE & POSTURE* 10:15-11:00 - Patti			
			STRETCH N FLEX 11:00-11:55 - Pam			
			SILVER SNKRS CLASSIC 11:15-12:10 - Ginger			
			PM CLASSES			
	CARDIO SCULPT 12:10-1:05 - Cindy	POW 12:00-12:55 - Mary	CHAIR ZUMBA (7/2) 12:15-1:00 - Lorene	POW 12:00-12:55 - Mary	FUNCTIONAL TRNG* 12:00-1:00-Sam/Patti	CLASSROOM KEY
	PARKINSON'S CIRCUIT 1:10-2:30 - Emily	GENTLE CHAIR YOGA 12:45-1:30 - Ruth	PILATES SCULPT 12:15-1:00 - Cindy	PARKINSON'S 1:10-2:05-Mary/Emily	POUND 2:30-3:30 - Tamami	STUDIO A
	PILATES 2:30-3:30 - Cindy	PARKINSON'S 1:10-2:05-Mary/Sam	TLC \$ 1:00-2:30 - Kay	ZUMBA 2:15-3:15 - Jesse	POUND UNPLUGGED 3:30-4:00 - Tamami	STUDIO B
	YOGA 4:00-5:15 - Cathy	POUND 2:30-3:30 - Tamami	PARKINSON'S 1:10-2:30 - Ruth	GENTLE YOGA 4:00-5:00 - Kater	CIRCL 4:00-4:30 - Tamami	STUDIO C
	ZUMBA 5:30-6:25 - Jessica	GENTLE YOGA 4:00-5:00 - Kater	YOGA 4:00-5:15 - Ruth	CYCLE 5:30-6:30 - See Studio B	ZUMBA 5:30-6:30 - Veronica	GYMNASIUM
	JIUJUTSU \$ 6:00-7:00 - Dave	ZUMBA 5:05-5:50 - Karina	ZUMBA 5:30-6:25 - Jessica	YOGA 5:35-6:50 - Kevin		AIRNASIUM
		CYCLE 5:30-6:30 - See Studio B	JIUJUTSU \$ 6:00-7:00 - Dave	FENCING \$ 7:00-8:50 - Pat		GYMNASTICS
		FENCING \$ 6:00-8:50 - Pat				

SCHEDULE SUBJECT TO CHANGE

*WEATHER CONDITIONS APPLY

\$ = PROGRAM FEE

BRING YOUR OWN MAT