

**MAY 2026 - 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	PILATES 6:00-7:00 - Sarah E.	STRENGTH & STABILITY 6:00-6:55 - Ruth	YOGA 6:00-7:15 - Marlene	STRENGTH & STABILITY 6:00-6:55 - Ruth	HIIT 8:00-8:45 - Aimee	CYCLE 8:15-9:15 - Jody
HIP HOP DANCE 10:00-11:00 - Jen B. <b>(5/3, 5/10, 5/31)</b>	YOGA 7:15-8:15 - Julie	CYCLE 6:00-7:00 - Janice	TRX/TRACK INTERVAL 6:00-7:00 - Sarah E.	CYCLE 6:00-7:00 - Janice	CYCLE 8:30-10:00 - Janice	ZUMBA 9:00-10:00 - Dory
ZUMBA TONING 10:00-11:00 - Lorene <b>(5/17 &amp; 5/24)</b>	ADVANCED STEP 8:30-9:30 - Janice	YOGA 7:00-8:05 - Sally	STEP 7:15-8:10 - Janice	YOGA 7:00-8:05 - Sally	PILATES 9:00-9:50 - Cindy	BOOT CAMP 9:00-10:00 - Patti
ZUMBA 11:00-12:00 - Marylee	CYCLE 8:30-9:30 - Liz	PUMP IRON 8:15-9:05 - Janice	HIIT 8:15-8:50 - Aimee	PUMP IRON 8:15-9:10 - Janice	Y-FIT 10:00-10:55 - Pam	BODYWORKS 10:15-11:15 - Marylee
	OUTDOOR FITNESS* 8:00-8:50 - Patti	FOAM ROLL 9:05-9:55 - Emily	CYCLE 8:30-9:30 - Janice	ADVANCED BALANCE 8:15-9:00 - Ruth	CYCLE 10:15-11:00 - Amy	WOMEN'S SELF-DEFENSE 10:30-11:30 - Don & Amy <b>(5/16, 5/23, 5/30)</b>
	OUTDOOR FITNESS* 9:00-10:00 - Patti	PARKINSON'S CYCLE 9:30-10:30 - Aimee	NO SWEAT BALANCE 8:45-9:45 - Ruth	FOAM ROLL 9:05-9:55 - Emily	ZUMBA 10:00-11:00 - Marylee	ZUMBA 11:30-12:30 - Karina
	PARKINSONS POWER 9:00-10:00 - Lori	SILVER SNKRS CIRCUIT 9:15-10:00 - Janice	OUTDOOR FITNESS* 8:00-8:50 - Patti	PARKINSON'S CYCLE 9:30-10:30 - Aimee	STRETCH N FLEX 11:00-11:55 - Aimee	
	CARDIO DANCE 10:00-11:00 - Jamie	WOMEN'S SELF-DEFENSE 10:00-11:00 - Don & Amy	OUTDOOR FITNESS* 9:00-10:00 - Patti	SILVER SNKRS CIRCUIT 9:15-10:00 - Janice	FOAM ROLL 11:00-12:00 - Emily	
	CYCLE 10:00-11:00 - Janice	SILVER SNKRS CIRCUIT 10:05-10:50 - Janice	BUTTS & GUTS 9:00-9:50 - Cindy	WOMEN'S SELF-DEFENSE 10:00-11:00 - Don & Amy	STRETCH/MOVE/BALANCE 11:15-12:10 - Jane	
	Y-FIT 10:00-10:55 - Ruth	NO SWEAT BALANCE 10:30-11:25 - Ruth	Y-FIT 10:00-10:55am - Ruth	SILVER SNKRS CIRCUIT 10:05-10:50 - Janice		
	CORE & POSTURE 10:15-11:00 - Patti	NO SWEAT BALANCE 11:30-12:30 - Ruth	ZUMBA TONING 10:00-11:00 - Lorene	PARKINSONS POWER 10:30-11:30 - Lori		
	STRETCH N FLEX 11:00-11:55 - Jane	POWER STRETCH YOGA 11:00-12:00 - Sarah L.	CYCLE 10:00-11:00 - Liz	POWER STRETCH YOGA 11:00-12:00 - Sarah L.		
	SENIOR FITNESS 11:05-12:00 - Pam		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 12:05-1:00 - Sarah L.	CHAIR ZUMBA <b>(5/6)</b> 12:15-1:00 - Ginger	POW 12:05-1:00 - Sarah L.	FUNCTIONAL TRNG* 12:00-1:00 - Sam/Patti	<b>CLASSROOM KEY</b>
	PARKINSON'S CIRCUIT 1:10-2:30 - Emily	GENTLE CHAIR YOGA 12:45-1:45 - Ruth	TLC \$ 1:00-2:30 - Kay	PARKINSON'S 1:10-2:05 - Emily	POUND 2:30-3:30 - Tamami	STUDIO A
	YOGA 4:00-5:15 - Cathy	PARKINSON'S 1:10-2:05 - Sam	PARKINSON'S 1:10-2:15 - Ruth	ZUMBA 2:15-3:15 - Jesse	POUND UNPLUGGED 3:30-4:00 - Tamami	STUDIO B
	ZUMBA 5:30-6:25 - Jessica	POUND 2:30-3:30 - Tamami	GENTLE YOGA 4:00-5:15 - Sarah L.	GENTLE YOGA 4:00-5:00 - Kater	CIRCL 4:00-4:30 - Tamami	STUDIO C
	JIUJUTSU \$ 6:00-7:00 - Dave	GENTLE YOGA 4:00-5:00 - Kater	ZUMBA 5:30-6:25 - Jessica	CYCLE 5:30-6:30 - Jim	GENTLE YOGA 4:00-5:00 - Valerie	GYMNASIUM
		ZUMBA 5:05-5:50 - Karina	JIUJUTSU \$ 6:00-7:00 - Dave		FIRM FOUNDATION 5:00-6:00 - Veronica	AIRNASIUM
		CYCLE 5:30-6:30 - Jim		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**

## **Group Exercise and Fitness Studio Rules and Expectations:**

- **Members are not allowed to use studios when class is not in session.**
- **Members are expected to bring their own yoga mat and water to class.**
- **Excessive perfumes and strong scents need to be limited.**
- **Members will refrain from adjusting thermostat and ask instructor instead.**
- **Members are expected to check Daxko for notifications of class cancellations or YMCA closures.**
- **Substitutes may not always be announced prior to class.**
- **Space and equipment need to be shared and respected among all participants.**
- **Please remember to wipe down any equipment before putting it back in its proper storage place.**