



MAY 2025 – JAMES FAMILY PRESCOTT GROUP EXERCISE SCHEDULE

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			AM CLASS			
CYCLE 9:30-10:30 – Karen	YOGA 7:15-8:15 – Julie	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 (5/4) 10:00-11:00– Jennifer	ADVANCED STEP 8:30-9:30 – Janice	CYCLE 6:00-7:00 – Janice	STEP 7:15-8:10 – Janice	CYCLE 6:00-7:00 – Janice	CYCLE 8:30-9:30 – Janice	PUMP IRON 9:15-10:10– Marylee 5/3
ZUMBA TONING 10:00-11:00- Lorene	CYCLE 8:30-9:30 – Sally	YOGA 7:00-8:05 – Sally	HIIT 8:15-8:50 – Aimee	YOGA 7:00-8:05 –Sally	PILATES 9:00-9:50 – Cindy	Mary B. 5/10 Aimee 5/17
ZUMBA 11:15-12:15 – Marylee	OUTDOOR FITNESS* 9:00-10:00 – Patti	PUMP IRON 8:15-9:10 – Janice	CYCLE 8:30-9:30 – Janice	PUMP IRON 8:15-9:10 – Janice	Y-FIT 10:00-10:55 – Pam	Cindy 5/24 Cindy 5/31
	CARDIO DANCE 10:00-11:00 – Jamie	MURPH \$ 9:00-10:00 – Aimee	NO SWEAT BALANCE 8:45-9:45 – Ruth	ADVANCED BALANCE 8:15-9:00 – Ruth	CYCLE 10:00-11:00 – Janice	BOOT CAMP* 10:00-11:00 – TBA
	CYCLE 10:00-11:00am-Janice	FOAM ROLL 9:05-9:55 – Emily	OUTDOOR FITNESS* 9:00-10:00 – Patti	MURPH \$ 9:00-10:00 – Aimee	ZUMBA 10:00-11:00 –Marylee	ZUMBA 10:15-11:15 – Marylee
	Y-FIT 10:00-10:55 – Ruth	TURN & BURN 9:30-10:30(see Studio B)	PARKINSON'S CIRCUIT 9:00-9:50 – Mary	FOAM ROLL 9:05-9:55 – Emily	STRETCH N FLEX 11:00-11:55–Mary/Aimee	WOMEN'S SELF-DEFENSE 10:30-11:30 – Don
	CORE & POSTURE* 10:15-11:00 – Patti	SILVER SNKRS CIRCUIT 9:30-10:25 – Janice	Y-FIT 10:00-10:55am –Ruth	TURN & BURN 9:30-10:30(see Studio B)	FOAM ROLL 11:00-12:00 – Emily	ZUMBA 11:30-12:30 – Karina
	STRETCH N FLEX 11:00-11:55 – Jane	WOMEN'S SELF-DEFENSE 10:00-11:00 – Don	ZUMBA TONING 10:00-11:00 – Lorene	SILVER SNKRS CIRCUIT 9:30-10:25 – Janice	STRETCH/MOVE/BALANCE 11:15-12:10 – Jane	
	SENIOR FITNESS 11:05-12:00 – Pam	POWER STRETCH YOGA 10:40-11:50am – Mary	CYCLE 10:00-11:00 – Liz	WOMEN'S SELF-DEFENSE 10:00-11:00 – Don		
		NO SWEAT BALANCE 10:30-11:25 – Ruth	CORE & POSTURE* 10:15-11:00 – Patti	POWER STRETCH YOGA 10:40-11:50 – Mary		
		NO SWEAT BALANCE 11:30-12:30 – Ruth	STRETCH N FLEX 11:00-11:55 – Pam			
			SILVER SNKRS CLASSIC 11:15-12:10 – Ginger			
			PM CLASS			
	MURPH \$ 12:00-1:00 – Aimee	POW 12:00-12:55 – Mary	MURPH \$ 12:00-1:00 – Aimee	POW 12:00-12:55 – Mary	FUNCTIONAL TRNG* 12:00-1:00–Sam/Patti	
	CARDIO SCULPT 12:10-1:05 – Cindy	GENTLE CHAIR YOGA 12:45-1:30 – Ruth	CHAIR ZUMBA (5/7) 12:15-1:00 – Ginger	PARKINSON'S 1:10-2:05–Mary/Emily	POUND 2:30-3:30 – Tamami	CLASSROOM KEY
	PARKINSON'S CIRCUIT 1:10-2:30 – Emily	PARKINSON'S 1:10-2:05–Mary/Sam	PILATES SCULPT 12:15-1:00 – Cindy	ZUMBA 2:15-3:15 – Jessie	POUND UNPLUGGED 3:40-4:25 – Tamami	STUDIO A
	PILATES 2:30-3:30 – Cindy	BASIC BALANCE 1:45-2:45 – Ruth	TLC \$ 1:00-2:30 – Kay	GENTLE YOGA 4:00-5:00 – Kater	ZUMBA 5:30-6:30 – Veronica	STUDIO B
	YOGA 4:00-5:15 – Cathy	POUND 2:30-3:30 – Tamami	PARKINSON'S 1:10-2:30 – Ruth	CYCLE 5:30-6:30 – Jim		STUDIO C
	ZUMBA 5:30-6:25 – Jessica	GENTLE YOGA 4:00-5:00 – Kater	YOGA 4:00-5:15 – Ruth	YOGA 5:35-6:50 – Kevin		GYMNASIUM
	JIUJUTSU \$ 6:00-7:00 – Dave	ZUMBA 5:05-5:50 – Karina	ZUMBA 5:30-6:25 – Jessica	FENCING \$ 7:00-8:50 – Pat		AIRNASIUM
		CYCLE 5:30-6:30 – Jim	JIUJUTSU \$ 6:00-7:00 – Dave			GYMNASTICS
		FENCING \$ 6:00-8:50 – Pat				
	PLEASE	BRING	YOUR	OWN	MAT	

SCHEDULE SUBJECT TO CHANGE

*WEATHER CONDITIONS APPLY

\$ = PROGRAM FEE