NOVEMBER 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	STEP 7:15-8:10 – Janice	STRENGTH & STABILITY 6:00-6:55 – Sally	HIIT 8:00-8:45 - Aimee	CYCLE 8:15-9:15 – Jody
HIP HOP DANCE (1 & 8) 10:00-11:00- Jen B.	YOGA 7:15-8:15 – Julie	CYCLE 6:00-7:00 – Janice	HIIT 8:15-8:50 - Aimee	CYCLE 6:00-7:00 - Janice	CYCLE 8:30-10:00 - Janice	ZUMBA 9:00-10:00 - Dory
ZUMBA TONING (15, 22, 29) 10:00-11:0 – Lorene	ADVANCED STEP 8:30-9:30 – Janice	YOGA 7:00-8:05 – Sally	CYCLE 8:30-9:30 – 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 8:15-9:10 – Janice	NO SWEAT BALANCE 8:45-9:45 – Ruth	PUMP IRON 8:15-9:10 - Janice	Y-FIT 10:00-10:55 – Pam	WOMEN'S SELF-DEFENSE 10:00-11:00 – Amy
	OUTDOOR FITNESS* 8:00-8:50 - Patti	FOAM ROLL 9:05-9:55 - Emily	OUTDOOR FITNESS* 8:00-8:50 - Patti	ADVANCED BALANCE 8:15-9:00 - Ruth	CYCLE 10:15-11:00 – *video*	BODYWORKS 10:15-11:15 - Marylee
	OUTDOOR FITNESS* 9:00-10:00 - Patti	PARKINSON'S CYCLE 9:30-10:15 - Lori	OUTDOOR FITNESS* 9:00-10:00 - Patti	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	BUTTS & GUTS 9:00-9:50 - Sally	PARKINSON'S CYCLE 9:30-10:15 - 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	CYCLE 10:00-11:00 – Liz	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	Y-FIT 10:00-10:55am –Ruth	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	ZUMBA TONING 10:00-11:00 - Lorene	SILVER SNKRS CIRCUIT 10:05-10:50 - Janice		
	CORE & POSTURE 10:15-11:00 - Patti	NO SWEAT BALANCE 11:30-12:30 – Ruth	CORE & POSTURE 10:15-11:00 - Patti	PARKINSONS POWER 10:30-11:30 - Lori		
	STRETCH N FLEX 11:00-11:55 - Jane	POWER STRETCH YOGA 11:00-12:00 – Sarah L.	STRETCH N FLEX 11:00-11:55 - Pam	POWER STRETCH YOGA 11:00-12:00 – Sarah L.		
	SENIOR FITNESS 11:05-12:00 – Pam		SILVER SNKRS CLASSIC 11:15-12:10 – Ginger			
			BELLY DANCING 11:15-12:15 - Lorene			
			PM CLASSES			
	SCULPT 12:10-1:00 – Aimee	POW 12:05-1:00 – Sarah L.	CHAIR ZUMBA (11/4) 12:15-1:00 – Ginger	POW 12:05-1:00 – Sarah L.	FUNCTIONAL TRNG* 12:00-1:00–Sam/Patti	**CLASSROOM KEY**
	FUNCTIONAL PARKINSON'S 1:10-2:15 – 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 1:45-3:00 – Marlene (starts 11/9)	PARKINSON'S 1:10-2:05 – Sam	FUNCTIONAL PARKINSON'S 1:10-2:15 – Ruth	ZUMBA 1:30-2:30 – Jessie	POUND UNPLUGGED 3:30-4:00 - Tamami	STUDIO B
	YOGA 4:00-5:15 – Cathy	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
	ZUMBA 5:30-6:25 – Veronica	GENTLE YOGA 4:00-5:00 – Kater	ZUMBA 5:30-6:25 – Ruth	SLOW FLOW YOGA 5:30-6:45 - Valerie	GENTLE YOGA 4:00-5:00 - Valerie	GYMNASIUM
	JIUJUTSU $ 6:00-7:00 - Dave	ZUMBA 5:05-5:50 - Karina	JIUJUTSU $ 6:00-7:00 - Dave	CYCLE 5:30-6:30 – Jim	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**