

SEPTEMBER 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	 TRX/TRACK INTERVAL 6:00-7:00 - Sarah E.	 STRENGTH & STABILITY 6:00-6:55 - Amy T	 HIIT 8:00-8:45 - Aimee	 CYCLE 8:15-9:15 - Jody
 IP HOP DANCE (6 & 13) 10:00-11:00 - Jen B.	 YOGA 7:15-8:15 - Julie	 CYCLE 6:00-7:00 - Janice	 STEP 7:15-8:10 - Janice	 CYCLE 6:00-7:00 - Janice	 CYCLE 8:30-10:00 - Janice	 ZUMBA 9:00-10:00 - Dory
 ZUMBA TONING (20&27) 10:00-11:00 - Lorene	 ADVANCED STEP 8:30-9:30 - Janice	 YOGA 7:00-8:05 - Saly	 HIIT 8:15-8:50 - Aimee	 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	 CYCLE 8:30-9:30 - Janice	 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	 NO SWEAT BALANCE 8:45-9:45 - Ruth	 ADVANCED BALANCE 8:15-9:00 - Ruth	 CYCLE 10:15-11:00 - video	 ZUMBA 11:30-12:30 - Karina
	 OUTDOOR FITNESS* 9:00-10:00 - Patti	 PARKINSON'S CYCLE 9:30-10:15 - Lori	 OUTDOOR FITNESS* 8:00-8:50 - Patti	 FOAM ROLL 9:05-9:55 - Emily	 ZUMBA 10:00-11:00 - Marylee	
	 PARKINSONS POWER 9:00-10:00 - Lori	 SILVER SNKRS CIRCUIT 9:15-10:00 - Janice	 OUTDOOR FITNESS* 9:00-10:00 - Patti	 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	 BUTTS & GUTS 9:00-9:50 - Sally	 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	 CYCLE 10:00-11:00 - Liz	 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.	 CORE & POSTURE 10:15-11:00 - Patti	 POWER STRETCH YOGA 11:00-12:00 - Sarah L.		
	 SENIOR FITNESS 11:05-12:00 - Pam		 STRETCH N FLEX 11:00-11:55 - 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 (9/2) 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 4:00-5:15 - Cathy	 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
	 ZUMBA 5:30-6:25 - Karina	 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 updates 9/14
	 JIUJUTSU \$ 6:00-7:00 - Dave	 GENTLE YOGA 4:00-5:00 - Kater	 DANCE, CARDIO & BALANCE 5:30-6:25 - Ruth	 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	 FENCING \$ 7:00-8:50 - Pat		 AIRNASIUM
		 CYCLE 5:30-6:30 - Jim				GYMNASTICS
		 FENCING \$ 6:00-8:50 - Pat				

SCHEDULE SUBJECT TO CHANGE

*WEATHER CONDITIONS APPLY

\$ = PROGRAM FEE

BRING YOUR OWN MAT