



FOR YOUTH DEVELOPMENT®  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

# STUDIO A CLASS SCHEDULE

## James Family Prescott YMCA

April 2019

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Boot Camp/ Total Body				8:45-9:45am Jenny		8:45-9:45am Jenny (Gym)	
POUND/ BARRE			5:30-6:25pm Richard POUND			12:00-12:55pm Elyse BARRE	
Dance/Fitness	2:00-3:00pm Jennifer (Hip Hop)				9:30-10:25am Karen (Latin Dance Aerobics)		
Yoga	9:30-10:45a PiYo Kaolin	3:00-4:15pm Yoga Darlene	7:00-8:15am Morning Yoga Sally	5:45-6:45am Hatha Yoga Samantha 3:00-4:15pm Samantha 4:30-5:25pm PiYo Diane	7:00-8:15am Morning Yoga Sally 5:35-6:50pm Sivananda Yoga Kevin	4:15-5:00pm PiYo Diane	7:30-8:45am Yoga Sally
Mommy Boot Camp			9:30-10:30am Janice (Gym)		9:30-10:30am Janice (Gym)		
Meditation		1:00-1:55 pm Qigong Tara		1:00-1:55 pm Qigong Tara			
Pump Iron			6:00-6:55am Mary B 8:30-9:25am Janice 4:30-5:25pm Cindy		6:00-6:55am Mary B 8:30-9:25am Janice 4:30-5:25pm Diane/Bridgett		9:00-9:55am Janice/Jenny
Silver Sneakers		11:00-11:55am Classic Pam	10:30-11:25am Circuit Janice	11:00-11:55am Classic Jane	10:30-11:25am Circuit Janice	11:00-11:55am Jane (Stretch/ Move/Balance)	
Step		8:30-9:30am Janice (Adv)		7:15-8:15am Janice		5:45-6:45am Janice	
Stretch		11:00-11:55am Jane (Gym)		11:00-11:55am Pam (Gym)		11:00-11:55am Marsha (Gym)	
Tabata		5:45-6:45am Mary B 12:00-12:55pm Janice 4:30-5:25pm Jody		12:00-12:55pm Jody/Mary B			
Martial Arts \$ (Fee Class)	12:30-2:00 Women's Self Defense Robert \$			6:30-7:30pm Tae Kwon do Joan \$		5:15-6:00pm Kitaku Kenpo 4-9 6:00-7:00pm Kitaku Kenpo 10+ Robert \$	11:00-12:00pm TKD Joan \$ 2:00-2:45pm Kitaku Kenpo 4-9 3:00-4:00pm Kitaku Kenpo 10+ Robert \$
WOW			12:00-12:55pm Diane		12:00-12:55pm Diane/Mary H		
Y-Fit		10:00-10:55am Jane		10:00-10:55am Jane/Karen		10:00-10:55am Intervals Marsha	
Zumba	11:30-12:25pm Marylee	5:30-6:25pm Jessica	9:30-10:25am Jamie	5:30-6:25pm Jessica		9:00-9:55am Jamie	10:00-10:55am Jamie

\*\* = class change

\$ = class fee