



FOR YOUTH DEVELOPMENT®  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

# STUDIO A CLASS SCHEDULE

## James Family Prescott YMCA

January 2019

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

\*\* = class change

\$ = class fee