



FOR YOUTH DEVELOPMENT®  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

# STUDIO C CLASS SCHEDULE

## James Family Prescott YMCA

April 2019

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
After School Programs		2:30-6:00p	2:30-6:00p	2:30-6:00p	2:30-6:00p	2:30-6:00p	
Dance						6:00-8:00p Children's Dance Samantha	
Foam Roller			9:30-10:00a Mary H		9:30-10:00a Mary H		
Martial Arts			7:15-8:15p Ju-Jitsu \$ Steve				
Meditation						9:00-9:55a Qigong Tara 10:00-10:55a Sound Meditation Niki	
Pilates		10:00-11:00a Nino \$		10:00-11:00a Nino \$			
POUND				9:00-9:50a Shauntá			
Yoga	11:00-11:55a Yoga + Mobility Kaolin	8:30-9:45a Vinyasa Flow Yoga Kaolin	10:35-11:50a Power Stretch Yoga Mary H	8:00-8:55a Vinyasa Flow Yoga Kaolin	10:35-11:50a Power Stretch Yoga Mary H		

\$= Fee Class    \*\* = New Class or Class Change