



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

STUDIO C CLASS SCHEDULE

James Family Prescott YMCA

December 2018

	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	12:30-1:30p Hip Hop \$	6:15-7:15p Jazz-Special Needs \$ Ages 6+				6:15-7:15p Hip Hop-Special Needs Ages 6+ \$	8:30-9:30a Hip Hop 11+ \$ 9:30-10:30a Hip Hop 5+ \$
Foam Roller					9:30-10:25a Mary B.		
Martial Arts		12:00-12:55a Qigong Tara	7:15-8:15p Ju-Jitsu \$ Steve	12:00-12:55a Qigong Tara	5:45-6:30p Self Defense \$ 4-9 yrs 6:30-7:30p Self Defense \$ 10+ Robert	9:00-9:55a Qigong Tara	
Meditation						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 Yoga/Stretch Pam	8:00-8:55a Vinyasa Flow Yoga Kaolin	10:35-11:50a Yoga/Stretch Pam		

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