



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

CLASS SCHEDULE

Monday, October 12 through Saturday, October 17

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	6-7 am Pump Iron Mary B Outside/FB Live	6-7 am Yoga *new* Marlene Studio A	6-7 am Pump Iron Mary B Outside/FB Live		8-9 am Spin *new* Jody Outside
8:30-9:30 am Spin Janice Outside	8-9 am Pump Iron Janice Studio A/FB Live	8:30-9:30 am Spin Janice Outside	8-9 am Pump Iron Janice Studio A/FB Live	8:30-9:30 am Spin Janice Outside	9-10 am Pump Iron Janice StudioA/FB live
10-11 am Y-Fit Jane Gym/FBLive	9:30-10:30am Silver Snkrs Classic Janice Studio A/FB Live	9:30-10:30 am Zumba Jamie Park	9:30-10:30am Silver Snkrs Circuit Janice Studio A/FB Live	10-11 am Y-Fit Marsha Gym/FBLive	
10-11 am Spin Janice Outside		10-11 am Spin Chris Outside		10-11 am Spin Janice Outside	
11am-12pm StretchnFlex *new* Jane Gym	10:45-11:45 am Yoga/Stretch Jane Studio A/FB Live	10-11 am Y-Fit Jane Gym/FBLive	10:45-11:45 am Yoga/Stretch Mary Studio A/FB Live	11am-12pm StretchnFlex *new* Jane Gym	
	12-12:55 pm WOW Jane Studio A/FB Live	10-11 am Boot Camp *new* Janice Outside	12-12:55 pm WOW Janice Studio A/FB Live		
12-12:55pm Tabata Janice Studio A		11am-12pm StretchnFlex *new* Pam Gym			<i>The Y no longer has mats, please bring your own!</i>
12-12:55pm QiGong Tara Park Ramada	4-5pm Zumba Marylee Pls see her FB Marylee Mirco	12-12:55pm QiGong Tara Park Ramada	4-5pm Zumba Marylee Pls see her FB Marylee Mirco		

Please sign up for Spin classes 24 hrs in advance at www.prescottymca.org under Group Classes
 Masks are optional for classes held outdoors