

# PARKWOOD FITNESS SCHEDULE

STUDIO CLASSES FOR AUGUST 1-31

Revision Date: 7/22/2024

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 AM	Cardio/Strength (60) Cheryl - Studio		Core & Strength (60) Cheryl - Studio		Cardio Blast (60) Cheryl- Studio	
7:45 AM		Tai Chi (60) Paul - Studio				
8:00 AM	Pilates (45) Kristin - Studio		Pilates (45) Kristin - Studio			
9:00 AM	Yoga (60) Janet - Studio	Strength & Toning (60) Laura - Studio	Yoga (60) Janet - Studio	Strength & Toning (60) Laura - Studio	Yoga (60) Janet - Studio	Cardio Strength (45) Holly - Cardio Area
10:00 AM						Stretch (60) Laura/Bill/Laurie - Studio
10:15 AM	Cardio Strength (60) Lori - Studio	Pilates (60) Bill - Studio	20/20/20 (60) Laura - Studio	Kickboxing - Butts & Guts (60) Bill - Studio	4-Quarters (60) Laura - Studio	
11:30 AM	Silver Sneakers (90) Bill - Studio	Silver Sneakers (90) Bill - Studio	Turning Point (60) Patty - Studio <i>(Private Class)</i>	Silver Sneakers (90) Bill - Studio		
12:15 PM					Pilates (60) Bill - Studio	
1:15 PM	Turning Point (60) Patty - Studio <i>(Private Class)</i>			Healing Through Movement (60) Patty - Studio <i>(Private Class)</i>		
4:30 PM	Strength & Flexibility (60) Bill - Studio		Strength & Flexibility (60) Bill - Studio			
5:30 PM		Yoga (60) Elizabeth - Studio <i>Begins 8/6</i>	Cardio Strength (45) Holly - Cardio Area	Yoga (60) Elizabeth - Studio <i>Begins 8/8</i>		
5:45 PM		Cycling (45) Brandy - Cardio Area				
6:00 PM	Strength Train Together (60) Ted - Studio		Strength Train Together (60) Ted - Studio			

August 1-31

ALL CLASSES are free for Members  
 (xx) Duration of class times in minutes  
 Detailed class descriptions available at the Welcome Center.