



PARKWOOD FITNESS SCHEDULE

STUDIO CLASSES FOR SEPTEMBER 1-30

Date revised 8/14/24

| 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 | |
| 9:30 AM | | | | Small Group Yoga (90) Erin - PT Studio <i>*Registration Required*</i> NEW!!! | | |
| 10:00 AM | Cycle & Strength (75) Raquel - Cardio Area NEW!!! | | Cycle & Strength (75) Raquel - Cardio Area NEW!!! | | | 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 | Cardio Strength (45) Holly - Cardio Area | Yoga (60) Elizabeth - Studio | | |
| 5:45 PM | | Cycling (45) Brandy - Cardio Area | | Cycling (45) Holly - Cardio Area NEW!!! | | |
| 6:00 PM | Strength Train Together (60) Ted - Studio | | Strength Train Together (60) Ted - Studio | | | |

ALL CLASSES are free for members. Detailed class descriptions are available at the Welcome Center.

(xx) Duration of class times in minutes