

# PARKWOOD YMCA FITNESS SCHEDULE

STUDIO CLASSES FOR DECEMBER 1-22

Date revised 11/21/24

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>6:00 AM</b>	Cardio/Strength (60) Cheryl - Studio		Core & Strength (60) Cheryl - Studio		Cardio Blast (60) Cheryl- Studio	
<b>7:45 AM</b>		Tai Chi (60) Paul - Studio				
<b>8:00 AM</b>	Pilates (45) Kristin – Studio <b>NEW!!</b>		Pilates (45) Kristin – Studio <b>NEW!!</b>			
<b>9:00 AM</b>	Yoga (60) Janet - Studio	Strength & Toning (60) Laura - Studio	Yoga (60) Janet - Studio	Strength & Toning (60) Laura - Studio	Yoga (60) Janet - Studio	
		Small Group Yoga (60) Erin - PT Studio <i>*Registration &amp; Fee Required*</i>		Small Group Yoga (60) Erin - PT Studio <i>*Registration &amp; Fee Required*</i>		
<b>10:00 AM</b>	Cycle & Strength (75) Raquel – Cardio Area		Cycle & Strength (75) Raquel – Cardio Area			Stretch (60) Laura/Bill/Laurie - Studio
<b>10:15 AM</b>	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	
<b>11:30 AM</b>	Silver Sneakers (90) Bill - Studio	Silver Sneakers (90) Bill - Studio	Turning Point (60) Patty – Studio <i>(Private Class)</i>	Silver Sneakers (90) Bill - Studio		
<b>12:15 PM</b>					Pilates (60) Bill - Studio	
<b>1:15 PM</b>	Turning Point (60) Patty – Studio <i>(Private Class)</i>			Healing Through Movement (60) Patty – Studio <i>(Private Class)</i>		
<b>4:30 PM</b>	Strength & Flexibility (60) Bill - Studio	Mix It Up (55) Bill – Studio <b>NEW!!!</b>	Strength & Flexibility (60) Bill - Studio			
<b>5:30 PM</b>			Cardio Strength (45) Holly - Cardio Area	Yoga (60) Elizabeth - Studio		
<b>5:45 PM</b>		Cycling (45) Brandy - Cardio Area		Cycling (45) Holly - Cardio Area		
<b>6:00 PM</b>	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

**Special Holiday Schedule 12/23-1/5**