

# Parkwood Holiday Schedule (12/23-1/5):

## Monday 12/23

8am Pilates w/ Kristine  
9am Yoga w/ Janet  
10:15am Cardio Strength w/ Lori  
11:30am Silver Sneakers w/ Bill  
4:30pm Strength & Flexibility w/  
Bill  
6pm 30:30 (30 Spin, 30 Strength)  
w/ Holly  
6pm Strength Train Together w/  
Ted

## Tuesday 12/24

7:45am Tai Chi w/ Paul  
9:00am Strength & Toning w/ Bill  
10:15am Pilates w/ Bill

## Monday 12/30

8am Pilates w/ Kristine  
10am Cycle & Strength w/ Raquel  
11:30am Silver Sneakers w/ Bill  
4:30pm Strength & Flexibility w/  
Bill  
6pm Strength Train Together w/  
Ted

## Tuesday 12/31

7:45am Tai Chi w/ Paul  
9:00am Strength & Toning w/  
Laura  
10:15am Pilates w/ Bill

## Wednesday 1/1

8am Pilates w/ Kristine  
10am Cardio Spin (30 Spin, 30  
Strength) w/ Holly  
10:15am 20/20/20 w/ Laura

## Thursday 1/2

5:45pm Cycling w/ Holly  
9:00am Strength & Toning w/  
Laura  
10:15am Kickboxing w/ Bill  
11:30am Silver Sneakers w/ Bill  
6pm Strength for All w/ Ted

## Friday 1/3

10:15am 4-Quarters w/ Laura  
12:15pm Pilates w/ Bill

## Saturday 1/4

10:00am Stretch w/ Laura or Bill



## Thursday 12/26

9:00am Strength & Toning w/ Bill  
10:15am Kickboxing w/ Bill  
11:30am Silver Sneakers w/ Bill  
5:45pm Cycling w/ Holly

## Friday 12/27

10:15am 4-Quarters w/ Lori  
12:15pm Pilates w/ Bill

## Saturday 12/28

10:00am Stretch w/ Laura