

PARKWOOD YMCA FITNESS SCHEDULE

STUDIO CLASSES FOR JANURARY 6-31

Date revised 12/27/24

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				
9:00 AM		Strength & Toning (60) Laura - Studio	Yoga (60) Mary - Studio	Strength & Toning (60) Laura - Studio	Yoga (60) Mary- Studio <i>*No class 1/31*</i>	
10:00 AM	Cycle & Strength (75) Raquel - Cardio Area		Cycle & Strength (75) Raquel - Cardio Area			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		Silver Sneakers (90) Bill - Studio		
12:15 PM					Pilates (60) Bill - Studio	
1:15 PM	Turning Point (60) Patty - Studio <i>(Private Class)</i>		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	Mix It Up (55) Bill - Studio	Strength & Flexibility (60) Bill - Studio			
5:30 PM			Cardio Strength (45) Holly - Cardio Area	Yoga (60) Elizabeth - Studio		
5:45 PM		Cycling (45) Brandy - Cardio Area		Cycling (45) Holly - Cardio Area		
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