

# PARKWOOD YMCA FITNESS SCHEDULE

STUDIO CLASSES FOR MARCH 1-23

Date revised 2/24/2025

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 *No class 3/19	Strength & Toning (60) Laura - Studio	Yoga (60) Mary – Studio *No class 3/21	
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	
12:45 PM						
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 (60) Holly - Cardio Area			
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

View our online calendar for altered schedule the week of Spring Break (3/23-3/30) Scan the QR code!

