



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

PARKWOOD FITNESS SCHEDULE

GROUP FITNESS CLASSES FOR May 1st - 31st

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00 AM	Yoga (60) Janet- Studio	**NEW** Strength and Toning (60) Laura - Studio	Yoga (60) Janet- Studio		Yoga (60) Janet- Studio	
					Bootcamp (60) Maryellen - Track	
10:00 AM						**NEW** Stretch (60) Laurie/Laura - Studio
11:30 AM	Silver Sneakers (90) Bill- Studio	Silver Sneakers (90) Bill- Studio	**NEW** 20-20-20 (60) Laura- Studio	Silver Sneakers (90) Bill- Studio		
12:00 PM					Pilates (60) Bill - Studio	
4:30 PM	Strength and Flexibility (60) Bill-Studio		Strength and Flexibility (60) Bill-Studio			
5:30 PM		Zumba (60) Shelly-Studio		Zumba (60) Shelly-Studio	Step & Strength (60) Janine - Studio	
6:00 PM				**NEW** SH1FT (45) Jana - Outdoor Front Lot		
			Step & Strength (60) Janine Studio	*updated day* Cyling (45) Holly - Cardio Room		
7:00 PM				Step & Strength (60) Janine - Studio		

ALL CLASSES are free for members
(xx) Duration of class times in minutes
Please register at the Welcome Center or online to save your spot in your favorite class.
Detailed class descriptions available at the Welcome Center.