



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

PARKWOOD FITNESS SCHEDULE

STUDIO CLASSES FOR NOVEMBER 1st – 30th

Revision Date: 10/08/2021

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:30 AM	Strength for All (60) Shelly - Studio				Strength for All (60) Shelly- Studio	
9:00 AM	Yoga (60) Janet - Studio	Strength & Toning (60) Laura - Studio	Yoga (60) Janet - Studio	Strength & Toning (60) Laura - Studio	Yoga (60) Janet - Studio	
9:15 AM	Bootcamp (60) Maryellen - Cardio Area					
10:00 AM			20/20/20 (60) Laura - Studio			Stretch (60) Laurie/Lora - Studio
10:15 AM				"TaiChi" EnerChi by Silver Sneakers (60) Bob - Studio		
11:30 AM	Silver Sneakers (90) Bill - Studio	Silver Sneakers (90) Bill - Studio		Silver Sneakers (90) Bill - Studio		
12:00 PM					Pilates (60) Bill - Studio	
1:15 PM			Room Unavailable for Closed Class (60)			
4:30 PM	Strength & Flexibility (60) Bill - Studio		Strength & Flexibility (60) Bill - Studio			
5:30 PM		Zumba (60) Shelly - Studio		Zumba (60) Shelly - Studio		
6:00 PM	Cardio Dance/Sculpt (60) Janine/Patty - Studio		Step & Strength (60) Janine - Studio Will return in NOV	Cycling (45) Holly - 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.