



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

PARKWOOD FITNESS SCHEDULE

STUDIO CLASSES FOR DECEMBER 1st - 31st

Revision Date: 11/11/2021

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/Bill - 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			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.