



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

PARKWOOD FITNESS SCHEDULE

STUDIO CLASSES FOR JANUARY 1ST - FEBRUARY 28TH

Revision Date: 01/13/2022

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		Yoga (60) Janet - Studio		Yoga (60) Janet - Studio	
9:15 AM	Bootcamp (60) Maryellen - Cardio Area					
10:00 AM			20/20/20 (60) Laura - Studio *February Only*			Stretch (60) Laurie/Lora/Bill - Studio
10:15 AM		Strength & Toning (60) Bill - Studio		Strength & Toning (60) 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			Strength for All (60) Ted - Studio *New Class*	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.