



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

PARKWOOD FITNESS SCHEDULE

STUDIO CLASSES FOR May 1st – June 30th

Revision Date: 05/09/2022

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:30 AM	Strength for All (60) Shelly – Studio		Cardio Strength (60) Cheryl – Studio *New Class in June*		Strength for All (60) Shelly- Studio	
8:00 AM						Begin to Spin (30) Holly – Cardio Area *New Class*
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						Stretch (60) Laurie/Lora/Bill - Studio
10:15 AM	Cardio Strength (60) Lori - Studio *New Class in June*	Pilates (60) Bill - Studio	20/20/20 (60) Laura - Studio	Kickbox/Butts&Guts (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			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.