

PARKWOOD FITNESS SCHEDULE

STUDIO CLASSES FOR SEPTEMBER 1-31

Revision Date: 08/08/2022

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:15 AM			Cardio Strength (60) Cheryl - Studio			
6:30 AM	Strength for All (60) Shelly - Studio				Strength for All (60) Shelly- Studio	
8:00 AM		Cycling (45) Raquel - Cardio Area				
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	
10:00 AM						Stretch (60) Laura/Bill - Studio
10:15 AM	Cardio Strength (60) Lori - Studio	Pilates (60) Bill - Studio	20/20/20 (60) Laura - Studio	Kickbox/Butts&Gut s (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	
1:30 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		Strength for All (60) Ted Studio	Cycling (45) Holly - Cardio Area		

ALL CLASSES are free for Members
 Labor Day Hours 7am-12pm
 (xx) Duration of class times in minutes
 Detailed class descriptions available at the Welcome Center.