

# PARKWOOD FITNESS SCHEDULE

STUDIO CLASSES FOR SEPTEMBER 1-30

Revision Date: 08/29/22

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>6:15 AM</b>	Cardio/Strength (60) Cheryl - Studio		Core & Strength (60) Cheryl - Studio			
<b>6:30 AM</b>					Strength for All (60) Peggy- Studio	
<b>8:00 AM</b>		Cycling (45) Raquel - Cardio Area				
<b>9:00 AM</b>	Yoga (60) Janet - Studio	Strength & Toning (60) Laura - Studio	Yoga (60) Janet - Studio	Strength & Toning (60) Laura - Studio	Yoga (60) Janet - Studio	
<b>10:00 AM</b>						Stretch (60) Laura/Bill - Studio
<b>10:15 AM</b>	Cardio Strength (60) Lori - Studio	Pilates (60) Bill - Studio	20/20/20 (60) Laura - Studio	Kickbox/Butts&Gut s (60) Bill - Studio		
<b>11:30 AM</b>	Silver Sneakers (90) Bill Studio	Silver Sneakers (90) Bill - Studio		Silver Sneakers (90) Bill - Studio		
<b>12:15 PM</b>					Pilates (60) Bill - Studio	
<b>1:00 PM</b>			Room Unavailable for Closed Class (60)			
<b>1:15 PM</b>	Room Unavailable for Closed Class (60)					
<b>1:30 PM</b>				Room Unavailable for Closed Class (60)		
<b>4:30 PM</b>	Strength & Flexibility (60) Bill - Studio		Strength & Flexibility (60) Bill - Studio			
<b>5:30 PM</b>						
<b>6:00 PM</b>	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.