

PARKWOOD FITNESS SCHEDULE

STUDIO CLASSES FOR NOVEMBER 1-30

Revision Date: 10/11/22

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:15 AM	Cardio/Strength (60) Cheryl - Studio		Core & Strength (60) Cheryl - Studio			
6:30 AM					Strength for All (60) Peggy- 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	Cycling (45) Nilla - Cardio Area NEW Begins 10/15/22
9:15 AM		Cycling (45) Raquel - Cardio Area NEW				
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		
12:15 PM					Pilates (60) Bill - Studio	
1:00 PM			Room Unavailable for Closed Class (60)			
1:15 PM	Room Unavailable for Closed Class (60)			Room Unavailable for Closed Class (60)		
4:30 PM	Strength & Flexibility (60) Bill - Studio		Strength & Flexibility (60) Bill - Studio			
5:30 PM		Cycling (45) Nilla - Cardio Area NEW Begins 10/11/22				
6:00 PM	Strength Train Together(60) Ted - Studio		Strength Train Together(60) Ted - Studio	Cycling (45) Holly - Cardio Area		

November 23rd Hours 7:00am-12:00pm Closed Thanksgiving Day

ALL CLASSES are free for Members

(xx) Duration of class times in minutes

Detailed class descriptions available at the Welcome Center.