

# PARKWOOD FITNESS SCHEDULE

STUDIO CLASSES FOR SEPTEMBER 1-30

Revision Date: 8/9/23

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>6:00 AM</b>	Cardio/Strength (60) Cheryl - Studio		Core & Strength (60) Cheryl - Studio		Cardio Blast (60) Cheryl- Studio	
<b>8:00am</b>	Pilates (45) Kristine- Studio <b>LAST CLASS</b> <b>9/18</b>		Pilates (45) Kristine- Studio <b>LAST CLASS</b> <b>9/20</b>			Cycling (45) Nilla - Cardio Area <b>NEW</b>
<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>9:15 AM</b>			Cycling (45) Raquel - Cardio Area			
<b>10:00 AM</b>						Stretch (60) Laura/Bill/Laurie - Studio
<b>10:15 AM</b>	Cardio Strength (60) Lori - Studio	Pilates (60) Bill - Studio	20/20/20 (60) Laura - Studio	Kickboxing - Butts&Guts (60) Bill - Studio	Mix- It-Up (60) Laura - 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)			Room Unavailable for Closed Class (60)		
<b>4:30 PM</b>	Strength & Flexibility (60) Bill - Studio		Strength & Flexibility (60) Bill - Studio			
<b>6:00 PM</b>	Strength Train Together(60) Ted - Studio		Strength Train Together(60) Ted - Studio	Cycling (45) Dave - Cardio Area		

SEPTEMBER 1-30

LABOR DAY HOURS 7AM-12PM

ALL CLASSES are free for Members

(xx) Duration of class times in minutes

Detailed class descriptions available at the Welcome Center.