

PARKWOOD FITNESS SCHEDULE

STUDIO CLASSES FOR OCTOBER 1-31

Revision Date: 9/21/23

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 AM	Cardio/Strength (60) Cheryl - Studio		Core & Strength (60) Cheryl - Studio		Cardio Blast (60) Cheryl- Studio	
8:00am						Cycling (45) Nilla - 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	
9:15 AM			Cycling (45) Raquel - Cardio Area			
10:00 AM						Stretch (60) Laura/Bill/Laurie - Studio
10:15 AM	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	
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			
5:15 PM				Cardio Strength (45)Holly- Cardio Area NEW		
6:00 PM	Strength Train Together(60) Ted - Studio		Strength Train Together(60) Ted - Studio	Cycling (45) Dave - Cardio Area		

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ALL CLASSES are free for Members
 (xx) Duration of class times in minutes
 Detailed class descriptions available at the Welcome Center.