

**PARKWOOD YMCA
THANKSGIVING WEEK CLASSES
NOVEMBER 20-25**

Monday 11/20

6:00am Cardio/Strength-Cheryl
8:00am Pilates- Kristine
9:00am Yoga- Janet
10:15am Cardio Strength- Lori
11:30am Silver Sneakers- Bill
4:30pm Strength & Flexibility- Bill
6:00pm Strength Train Together- Ted

Tuesday 11/21

9:00am Strength & Toning- Laura
10:15am Pilates- Bill
11:30am Silver Sneakers- Bill

Wednesday 11/22

6:00am Core & Strength- Cheryl
8:00am Pilates- Kristine
9:00am Yoga- Janet
10:15am 20/20/20- Laura
4:30pm Strength & Flexibility- Bill

Thursday 11/23- CLOSED

HAPPY THANKSGIVING

Friday 11/24

6:00am Cardio Blast- Cheryl
9:00am Yoga- Janet
10:15am Mix- it- Up- Laura
12:15pm Pilates- Bill

Saturday 11/25

10:00am Stretch - Bill