

PARKWOOD FITNESS SCHEDULE

STUDIO CLASSES FOR NOVEMBER 1-30

Revision Date: 10/16/2023

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	
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		
6:00 PM	Strength Train Together(60) Ted - Studio		Strength Train Together(60) Ted - Studio	Cycling (45) Holly & Joy - Cardio Area		

NOVEMBER 1-30 CLOSED THANKSGIVING DAY

Additional flier available for Thanksgiving week classes

ALL CLASSES are free for Members

(xx) Duration of class times in minutes

Detailed class descriptions available at the Welcome Center.