PARKWOOD FITNESS SCHEDULE

STUDIO CLASSES FOR MARCH 1 - 31 Revision Date: 2/22/2024

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	
8:00 AM		Tai Chi (55) Paul - Studio **NEW!!**				
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	
10:00 AM		Small Group Yoga (60) Erin - PT Studio **Registration Required** **NEW!!**		Small Group Yoga (60) Erin - PT Studio **Registration Required** **NEW!!**		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	4-Quarters (60) Laura - Studio	
11:30 AM	Silver Sneakers (90) Bill Studio	Silver Sneakers (60) Bill - Studio		Silver Sneakers (90) Bill - Studio		
12:15 PM					Pilates (60) Bill - Studio	
12:45pm		Silver Sneakers (60) Bill - Studio				
1:15 PM	Turning Point (60) Patty - Studio *(Private Class)*		Turning Point (60) Patty - Studio *(Private Class)*	Healing Through Movement (60) Patty - Studio *(Private Class)*		
4:30 PM	Strength & Flexibility (60) Bill - Studio		Strength & Flexibility (60) Bill - Studio			
5:30 PM		Yoga (60) Elizabeth- Studio	Cardio Strength (45) Holly - Cardio Area	Yoga (60) Elizabeth- Studio		
5:45 PM		Cycling (45) Brandy - Cardio Area				
6:00 PM	Strength Train Together (60) Ted - Studio		Strength Train Together (60) Ted - Studio			
6:45 PM				Kickboxing (60) Paul - Studio **NEW!!**		

March 1 - 31

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