

# PARKWOOD YMCA FITNESS SCHEDULE

STUDIO CLASSES FOR MAY 1 - 31

Date revised 4/29/2025

| TIME     | MONDAY                                                  | TUESDAY                                  | WEDNESDAY                                                | THURSDAY                                                           | FRIDAY                                                         | SATURDAY                                   |
|----------|---------------------------------------------------------|------------------------------------------|----------------------------------------------------------|--------------------------------------------------------------------|----------------------------------------------------------------|--------------------------------------------|
| 6:00 AM  | Cardio/Strength (60)<br>Cheryl - Studio                 |                                          | Core & Strength (60)<br>Cheryl - Studio                  |                                                                    | Cardio Blast (60)<br>Cheryl- Studio                            |                                            |
| 7:45 AM  |                                                         | Tai Chi (60)<br>Paul – Studio            |                                                          |                                                                    |                                                                |                                            |
| 9:00 AM  |                                                         | Strength & Toning (60)<br>Laura - Studio | Yoga (60)<br>Mary – Studio<br><b>*No class 5/14</b>      | Strength & Toning (60)<br>Laura - Studio                           | Yoga (60)<br>Mary – Studio<br><b>*No class 5/16 &amp; 5/30</b> |                                            |
| 10:00 AM | Cycle & Strength (75)<br>Raquel – Cardio Area           |                                          | Cycle & Strength (75)<br>Raquel – Cardio Area            |                                                                    |                                                                | Stretch (60)<br>Laura/Bill/Laurie - Studio |
| 10:15 AM | Cardio Strength (60)<br>Lori – Studio                   | Pilates (60)<br>Bill - Studio            | 20/20/20 (60)<br>Laura - Studio                          | Kickboxing - Butts & Guts (60)<br>Bill - Studio                    | 4-Quarters (60)<br>Laura - Studio                              |                                            |
| 11:30 AM | Silver Sneakers (90)<br>Bill - Studio                   | Silver Sneakers (90)<br>Bill - Studio    | Turning Point (60)<br>Denise – Studio<br>(Private Class) | Silver Sneakers (90)<br>Bill - Studio                              |                                                                |                                            |
| 12:15 PM |                                                         |                                          |                                                          |                                                                    | Pilates (60)<br>Bill - Studio                                  |                                            |
| 12:45 PM |                                                         |                                          |                                                          |                                                                    |                                                                |                                            |
| 1:15 PM  | Turning Point (60)<br>Patty – Studio<br>(Private Class) |                                          |                                                          | Healing Through Movement (60)<br>Patty – Studio<br>(Private Class) |                                                                |                                            |
| 4:30 PM  | Strength & Flexibility (60)<br>Bill - Studio            | Mix It Up (55)<br>Bill – Studio          | Strength & Flexibility (60)<br>Bill - Studio             |                                                                    |                                                                |                                            |
| 5:30 PM  |                                                         |                                          | Cardio Strength (60)<br>Holly - Cardio Area              |                                                                    |                                                                |                                            |
| 5:45 PM  |                                                         | Cycling (45)<br>Brandy - Cardio Area     |                                                          | Cycling (45)<br>Holly - Cardio Area                                |                                                                |                                            |
| 6:00 PM  | Strength Train Together (60)<br>Ted - Studio            |                                          | Strength Train Together (60)<br>Ted - Studio             |                                                                    |                                                                |                                            |

ALL CLASSES are free for members. Detailed class descriptions are available at the Welcome Center.

(xx) Duration of class times in minutes

**View our online calendar for live updates & Memorial Day Schedule! Scan the QR code!**

