

PARKWOOD YMCA FITNESS SCHEDULE

STUDIO CLASSES FOR JULY 1-31

Date revised 6/30/2025

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	
7:45 AM		Tai Chi (60) Paul – Studio				
8:00 AM	Pilates (45) Kristine – Studio *NO class 7/14, 7/21, 7/28		Pilates (45) Kristine – Studio. *NO class 7/16, 7/23			
9:00 AM		Strength & Toning (60) Laura - Studio	Yoga (60) Mary – Studio. *ONLY on 7/9 & 7/16	Strength & Toning (60) Laura - Studio	Yoga (60) Mary – Studio. *ONLY on 7/11	
10:00 AM	Cycle & Strength (75) Raquel/Tara – Cardio Area		Cycle & Strength (75) Raquel/Tara – Cardio Area			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 (90) Bill - Studio	Turning Point (60) Denise – Studio (Private Class)	Silver Sneakers (90) Bill - Studio		
12:15 PM					Pilates (60) Bill - Studio	
1:15 PM	Turning Point (60) Patty – Studio (Private Class)			Healing Through Movement (60) Patty – Studio (Private Class)		
4:30 PM	Strength & Flexibility (60) Bill - Studio	Mix It Up (55) Bill – Studio	Strength & Flexibility (60) Bill - Studio			
5:30 PM			Cardio Strength (60) Holly - Cardio Area			
5:45 PM		Cycling (45) Brandy - Cardio Area		Cycling (45) Holly - Cardio Area		
6:00 PM	Strength Train Together (60) Ted – Studio			HIIT (60) Tara – Studio NEW!!!		

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! Scan the QR code! Modified schedule Friday 7/4

