

# PARKWOOD YMCA FITNESS SCHEDULE HOLIDAY WEEKS

## STUDIO CLASSES FOR DECEMBER 22 – JANUARY 4

Date revised 12/15/2025

**\*Classes are running both weeks unless indicated with a singular date**

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 AM	Cardio/Strength (60) Cheryl - Studio				Cardio Blast (60) Cheryl- Studio <b>26<sup>th</sup> only</b>	
7:00 AM			Core & Strength (60) Cheryl - Studio			
7:45 AM		Tai Chi (60) Paul – Studio				
8:00 AM	<i>Pilates (60)</i> Kristine – Studio <b>22<sup>nd</sup> only</b>		<i>Pilates (60)</i> Kristine – Studio <b>24<sup>th</sup> only</b>		<i>Pilates (60)</i> Kristine – Studio <b>26<sup>th</sup> only</b>	
9:00 AM	Yoga (60) Janet – Studio	Strength & Toning (60) Laura - Studio	Yoga (60) Janet – Studio	Strength & Toning (60) Laura – Studio <b>1<sup>st</sup> only</b>		
			Cardio Bootcamp (60) Holly – Cycle Studio <b>24<sup>th</sup> only</b>			
10:00 AM	Cycle & Strength (75) Raquel/Tara – Cycle Studio			Cycle (60) Holly – Cycle Studio <b>1<sup>st</sup> only</b>	Cycle & Strength (75) Tara – Cycle Studio	Stretch (60) Laura/Bill/Laurie - Studio
10:15 AM	Cardio Strength (60) Lori – Studio	Pilates (60) Bill – Studio <b>23<sup>rd</sup> only</b>	4-Quarters (60) Laura – Studio <b>31<sup>st</sup> only</b>		4-Quarters (60) Laura - Studio	
11:30 AM		Silver Sneakers (90) Bill – Studio <b>23<sup>rd</sup> only</b>				
11:45 AM	Silver Sneakers (60) Bill – Studio					
12:15 PM					Pilates (60) Bill - Studio	
1:15 PM	Turning Point (60) Patty – Studio (Private Class) <b>22<sup>nd</sup> only</b>					
4:30 PM	Strength & Flexibility (60) Bill - Studio	Mix It Up (55) Bill – Studio <b>23<sup>rd</sup> only</b>				
5:45 PM		Cycling (45) Tara – Cycle Studio				
6:00 PM	Strength Train Together (60) 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! Scan the QR code!

