

PARKWOOD YMCA FITNESS SCHEDULE

STUDIO CLASSES FOR JUNE 1-30

Date revised 5/27/2026

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 AM	Cardio/Strength (60) Cheryl - Studio		Core & Strength (60) Cheryl - Studio		Cardio Strength (60) Cheryl- Studio	
6:00 AM					Express Spin (30) Holly - Cycle Studio NEW!!	
8:00 AM	Mat Pilates (55) Kristine - Studio		Mat Pilates (55) Kristine - <u>Pilates Studio</u>			
8:00 AM			Active Older Adults (55) Ben - Studio			
9:00 AM	Yoga (60) Janet - Studio	Strength & Toning (60) Laura - Studio		Strength & Toning (60) Laura - Studio	Yoga (60) Janet - Studio NEW!!	
9:00 AM	Tai Chi (60) Paul - Activity Center		Tai Chi (60) Paul - Activity Center			
10:00 AM	Cycle & Strength (75) Tara - Cycle Studio		Cycle & Strength (75) Tara - Cycle Studio		Cycle & Strength (75) Tara - Cycle Studio	Stretch (60) Laura/Bill/Laurie - Studio
10:15 AM	Cardio Strength (60) *Laura - Studio	Pilates (60) Bill - Studio	4-Quarters (60) Laura - Studio	Kickboxing - Butts & Guts (60) Bill - Studio	4-Quarters (60) Laura - Studio	
11:30 AM		Silver Sneakers (60) Bill - Studio	Turning Point (60) Denise - Studio (Private Class)	Silver Sneakers (90) Bill - Studio		
11:45 AM	Silver Sneakers (60) Bill - Studio					
12:00 PM				Pedal to Pilates! (60) Becky - Cycle Studio NEW!!	Bill - Studio	
12:15 PM					Pilates (60) Bill - Studio	
12:30 PM		Silver Sneakers (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			
5:45 PM		Cycling (45) Tara - Cycle Studio	Cardio Bootcamp (60) Holly - Cycle Studio	Cycling (45) Tara - Cycle Studio		
6:00 PM	Strength Train Together (60) Ted - Studio		Strength Train Together (60) Alaina - 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!](#)

See separate Small Group Reformer Schedule for Pilates Reformer classes!

