PARKWOOD YMCA FITNESS SCHEDULE

STUDIO CLASSES FOR NOVEMBER 1-30

Date revised 10/27/2026

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	
8:00 AM						Mat Pilates (50) Becky – Studio
8:00 AM			Active Older Adults (55) Ben – Studio			
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	
9:00 AM	Tai Chi (60) Paul – Activity Room		Tai Chi (60) Paul – Activity Room			
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) Lori – 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						
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			
5:45 PM		Cycling (45) Tara – Cycle Studio		Cycle Strength (60) Holly – 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!
Schedule differs the week of Thanksgiving, see online calendar!

See separate Small Group Reformer Schedule for Pilates Reformer classes!