



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

PARKWOOD YMCA FITNESS SCHEDULE

SESSION Fall 1 September 5-October 22

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45 AM	**Total Fit (45) Cheryl-Studio	**Strength & Conditioning (60) Megan-Studio	**Stretch, Balance & Core (60) Dalia-Studio	**Strength & Conditioning (60) Emily-Studio			
6:00 AM	Group Cycle (45) Connie/Emily-Track		Group Cycle (45) Holly-Track		Group Cycle (45) Connie/Holly-Track		
6:00 AM					**Bootcamp (45) Steve-Studio		
7:55 AM	**Senior Fit Bootcamp (60) Libby-Studio	**Silver Sneakers (60) Libby-Studio	**Senior Fit (60) Libby-Studio	**Silver Sneakers (60) Libby-Studio	Zumba Gold (60) Libby-Studio		
8:00 AM	Vinyasa Slow Flow Yoga (45) Janet-MPR		Yoga for Beginners (45) Janet-MPR				
9:00 AM	**Bootcamp (60) Steve-Studio	Zumba Toning (60) Libby-Studio	**Bootcamp (60) Denise-Studio	Zumba (60) Libby-Studio	**Bootcamp (60) Steve-Studio	Group Cycle (45) Connie/Steve-Track	
9:00 AM		Cy-Yo (60) Amy C-Track		Cycle Boot Camp (60) Jenna-Track		**Cardio Buffet (45) Rotation-Studio	
9:45 AM						**Abs & Strength (45) Rotation-Studio	
10:00 AM	**Strength (60) Steve-Studio	**Toning (60) Libby-Studio	**Strength (60) Denise-Studio	**Toning (60) Libby-Studio	**Strength (60) Rotation-Studio		
10:35 AM						**Stretch & Relaxation (60) Laurie-Studio	
11:15 AM		Chair Yoga (45) Amy C. - Studio		Tai Chi-Mixed Levels (60) Deb-Studio	Slow Flow Yoga Basics (60) Janet-Studio		
12:15 PM							
1:00 PM	**Turning Point Strength (60) Patty-Studio		**Turning Point Cardio (60) Patty-Studio				
4:30 PM		**Strength & Flexibility (60) Laura-Studio		**Strength & Flexibility (60) Laura-Studio			
5:30 PM	**Tabata (30) Colleen-Studio		**Turbo Kick (60) Jana-Studio				
5:45 PM		**Cardio Dance and Sculpt (60) Patty-Studio		**Step & Sculpt (60) Janine-Studio			
6:00 PM	**Core Conditioning (30) Colleen-Studio						
6:00 PM	Group Cycle (45) Holly-Track			Group Cycle (45) Steve-Track			
6:30 PM	Zumba (60) Karen-Studio						
6:35 PM			**Drum and Core (60) Patty-Studio				
7:00 PM		**Circuit Training (60) Steve-Studio		**Circuit Training (60) Steve-Studio			
7:30 PM	Yoga (60) Monica-Studio						

** Indicates free classes for members
(xx) Duration of class times in minutes
Shaded area indicates when tot watch is available