



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Parkwood Summer Fitness Classes

Session 1 Dates: June 11th–July 31st (class length in minutes)

Session 2 Dates: August 1st–August 28th (class length in minutes)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45am	<i>Total Fit (60)</i> <i>Irma-Studio</i>	<i>Strength & Conditioning (60)</i> <i>Megan-Studio</i>	<i>Stretch, Balance and Core (60)</i> <i>Irma-Studio</i>	<i>Bootcamp (60)</i> <i>Holly-Studio</i>	<i>HIIT Summer (60)</i> <i>Megan-Studio</i>		
6:00am	\$Group Cycle (45) Connie Court Balcony		\$Group Cycle (45) Holly Court Balcony		\$Group Cycle (45) Holly/Connie Court Balcony		
7:55am	<i>Senior Fit Boot Camp with a Twist (60)</i> <i>Libby-Studio</i>	<i>Silver Sneakers (60)</i> <i>Libby-Studio</i>	<i>Senior Fit (60)</i> <i>Libby-Studio</i>	<i>Silver Sneakers (60)</i> <i>Libby-Studio</i>	<i>Zumba Gold (60)</i> <i>Libby-Studio</i>		
8:00am	\$Vinyasa Slow Flow Yoga (60) Janet-Court D		\$Yoga for Beginners (60) Janet-Court D				
9:00am	<i>Bootcamp (55)</i> <i>Steve- Studio</i>	\$Zumba Toning (55) Libby-Studio	<i>Interval Blast Boot Camp (55)</i> <i>Denise-Studio</i>	<i>Zumba (55)</i> <i>Libby-Studio</i>	\$Slow Flow Yoga Basics (60) Janet-Studio	<i>Cardio Buffet (45)</i> <i>Rotation-Studio</i>	
			\$Women and Weights (60) Steve Weight Room			\$Group Cycle (60) Steve Court Balcony	
9:45am						<i>Abs & Strength (40)</i> <i>Rotation-Studio</i>	
10:00am	<i>Muscle Pump & Core (60)</i> <i>TBA Studio</i>	<i>Toning (60)</i> <i>Libby-Studio</i>	<i>Muscle Pump & Core (60)</i> <i>Denise-Studio</i>	<i>Toning (60)</i> <i>Libby-Studio</i>	<i>Muscle Pump & Core (60)</i> <i>Steve-Studio</i>		\$Group Cycle (60) Steve Court Balcony

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:30am						Stretch & Relaxation (60) Laurie-Studio
11:00am			Turbokick (55) Jana-Studio			
11:10am				\$Tai Chi Mixed Levels (60) Deb W.-Studio		
1:00pm	\$Turning Point Breast Cancer Survivor Weight Training (60) Patty-Studio		\$Turning Point Breast Cancer Survivor Fitness (60) Patty-Studio			
4:30pm		Strength & Flexibility (60) Laurie-Studio		Strength & Flexibility (60) Karen-Studio		
5:30pm	Power Cardio/ Strength (60) Colleen-Studio		Zumba (60) Kate-Studio	\$CIZE- Dance (45) Cheryl-Studio		
5:45pm		Cardio Dance & Sculpt (60) Patty-Studio				
6:00pm		\$Group Cycle (45) Steve-Court Balcony	\$Outdoor Bootcamp (60) Ron-Outside			
6:15pm	Adv. Outdoor Bootcamp (60) Holly-Outside			\$ PIYO (45) Cheryl-Studio		
				\$ Fitfusion (60) Kara-Track		
6:35pm			Body Sculpting (60) Patty-Studio			
6:45pm						
7:00pm		Functional Training (60) Steve-Studio		Functional Training (60) Steve-Studio		
7:15pm	Zumba (60) Karen-Studio					
7:30pm	\$Yoga (60) Janet-MPR					

Shaded Areas indicate when Tot Watch is available
 Mon-Fri. 8:30am-12:00am
 Mon-Thurs. 5:30pm-8pm
 Sat. 9:00am-11:30am

Classes indicate Free Member Benefit Classes

\$ Indicates Fee Based Program

\$\$ Indicates Fee Based Small Group Personal Training