



Central Parkway YMCA Group Exercise Schedule Monday, Oct 2 - Sunday, Dec 31

For the most up to date schedule, please visit our calendar online at www.myy.org. For more information contact Elizabeth Fraizer, efrazier@myy.org or 513-241-5348

5:00AM-9:00PM Monday	5:00AM-9:00PM Tuesday	5:00AM-9:00PM Wednesday	5:00AM-9:00PM Thursday	5:00AM-9:00PM Friday	6:00AM-6:00PM Saturday	12:00PM-6:00PM Sunday
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Mornings

6:00-6:50 AM Cycle * 4	6:00-6:50 AM TRX * 2	6:00-6:50 AM Tabata Cycle * 4	6:00-6:50 AM TRX * 2	6:00-6:50 AM Cycle * 4	8:00-9:00 AM Cycle * 4
6:00-6:50 AM TNT * C1	6:00-6:50 AM Yoga 3	6:00-6:50 AM TNT* C1	6:00-6:50 AM Yoga 3	6:00-6:50 AM Boot Camp 2	8:00-8:50 AM Boot Camp 2
10:00-10:50 AM SilverSneakers * 1	7:00-7:50 AM H.I.I.T./Core 3	7:00-7:30 AM Triple Threat 3	7:00-7:50 AM H.I.I.T./Core 3	6:50-7:05 AM Core 3	9:00-9:15 AM Core 2
	LiveStrong® at the Y 9:00-10:30 AM C1 10/24-1/9	10:00-10:50 AM SilverSneakers * 1	LiveStrong® at the Y 9:00-10:30 AM C1 10/26-1/11		9:00-10:00 AM Workout in the Park Washington Park Ends 10/28

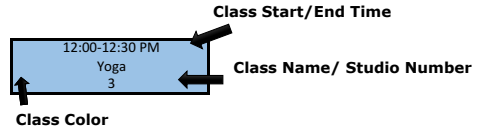
Afternoons

11:00-11:50 PM Yoga Starts 11/6	11:30-12:20 PM Tai Chi 3	11:00-11:50 PM Yoga Starts 11/1	11:30-12:20 PM Tai Chi 3	12:00-12:50 PM Cycle * 4	9:00-10:15 AM Vinyassa Yoga 3	12:30-1:20 PM Cycle * 4
12:00-12:50 PM Hi-Lo Cardio 1	12:00-12:50 PM Zumba * 1	12:00-12:50 PM Hi-Lo Cardio 1	12:00-12:50 PM Zumba * 1	12:00-12:50 PM Kickboxing 3	10:45-11:45 AM Prenatal Yoga 3	12:30-1:20PM Power Yoga 3
12:00-12:50 PM Cycle * 4	12:00-12:30 PM TNT * C1	12:00-12:50 PM Tabata Cycle * 4	12:00-12:30 PM TNT * C1		12:15-1:15 PM Piyo® 1	
12:15-12:45 PM Triple Threat 3	12:40-12:55 PM Core 3	12:15-12:45 PM Triple Threat 3	12:40-12:55 PM Core 3		12:00-12:50 PM Boxing 2	

Evenings

5:30-6:20 PM Barre * 1	5:30-6:20 PM Strength * 2	5:30-6:20 PM Barre * 1	5:30-6:20 PM TurboKick* 2	5:45-6:35 PM Tabata Cycle * 4
5:30-6:20 PM Tabata Cycle * 4	5:45-6:35 PM Cycle * 4	5:30-6:20 PM Tabata Cycle * 4	5:30-6:20 PM Y-USA Weight Loss Prg. Conference Rm. 9/28-12/21	6:00-7:00 PM Yoga 3
5:30-6:20 PM Zumba * 2	6:00-7:00 PM Yoga 3	5:30-6:20 PM Boxing 2	5:45-6:35 PM Tabata Cycle * 4	6:00-7:00 PM Yoga 3
6:15-7:30 PM Vinyasa Yoga 3	6:10-7:00 PM PiYo® 1	6:00-7:00 PM Yoga 3	6:00-7:00 PM Yoga 3	6:10-7:00 PM Tai Chi 1
6:30-6:45 PM Core 1	6:30-7:20 PM Zumba * 2	6:30-7:20 PM In-Trinity® Strong 1	6:10-7:00 PM Tai Chi 1	6:30-7:20 PM Zumba * 2
6:30-7:20 PM Boot Camp 2	6:30-7:30 PM Y-Weight C1 10/17-11/21	6:30-7:20 PM Boot Camp 2	6:30-7:20 PM Zumba * 2	6:30-7:30 PM Y-Weight C1 10/19-11/23
6:50-7:40 PM BUTI® Yoga 1		7:15-8:15 PM Workout in the Park Washington Park Ends 10/25		

How to Read the Schedule:



Class Color Description:

White = Cardio/Strength
Yellow = Cycle
Blue = Mind/Body
* = Reservation Required
Red = Fee Based/Register at the Front Desk



Central Parkway YMCA



OTRYMCA