



Central Parkway YMCA Group Exercise Schedule Tuesday, Jan 2 - Sunday, April 1

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

Mornings

6:00-6:50 AM Cycle * 4	6:00-6:50 AM Boot Camp 2	6:00-6:50 AM Cycle * 4	6:00-6:50 AM Boot Camp 2	6:00-6:50 AM Cycle * 4	8:00-8:50 AM Cycle * 4
6:00-6:50 AM RRL* C1	6:00-6:50 AM Yoga 3	6:00-6:50 AM RRL* C1	6:00-6:50 AM Yoga 3	6:00-6:50 AM RRL* C1	8:00-8:50 AM Boot Camp 2
10:00-10:50 AM SilverSneakers® 1	7:00-7:30 AM Triple Threat 3	7:00-7:30 AM Triple Threat 3	7:00-7:30 AM Triple Threat 3	10:00-10:50 AM SilverSneakers® 1	9:00-9:15 AM Core 1
		10:00-10:50 AM SilverSneakers® 1			9:00-10:15 AM Yoga 3

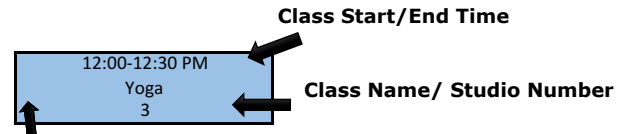
Afternoons

11:00-11:50 AM Yoga 3	11:30-12:20 PM Tai Chi 3	11:00-11:50 AM Yoga 3	11:30-12:20 PM Tai Chi 3	12:00-12:30 PM Kickboxing 3	
12:00-12:30 PM Cardio/Strength 1	12:00-12:50 PM Zumba® 1	12:00-12:30 PM Cardio/Strength 1	12:00-12:50 PM Zumba® 1		12:30-1:20 PM Cycle * 4
12:00-12:30 PM Cycle * 4	12:00-12:30 PM RRL* C1	12:00-12:30 PM Cycle * 4	12:00-12:30 PM RRL* C1		12:30-1:20PM RRL* C1
12:00-12:30 PM Triple Threat 3	12:40-12:55 PM Core 1	12:00-12:30 PM Triple Threat 3	12:40-12:55 PM Core 1		12:30-1:20PM Yoga 3
12:40-12:55 PM Core 1		12:40-12:55 PM Core 1			

Evenings

5:30-6:20 PM Barre* 1	5:30-6:20 PM Strength* 3	5:30-6:20 PM Barre* 1	5:30-6:20 PM Strength* 3	5:30-6:20 PM Cycle* 4
5:30-6:20 PM Cycle* 4	5:30-6:20 PM Cycle* 4	5:30-6:20 PM Cycle* 4	5:30-6:20 PM Cycle* 4	5:30-6:30 PM Yoga 3
5:30-6:20 PM RRL* C1	6:30-7:30 PM Yoga 3	5:30-6:20 PM RRL* C1	6:30-7:30 PM Yoga 3	
6:30-7:45 PM Yoga 3	6:30-7:20 PM Zumba® 2	5:30-6:20 PM Boxing 2	6:30-7:20 PM Zumba® 2	
6:30-6:45 PM Core 1		6:30-7:45 PM Yoga 3		
6:30-7:20 PM Boot Camp 2		6:30-6:45 PM Core 1		
		6:30-7:20 PM Boot Camp 2		

How to Read the Schedule:



Class Color

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