



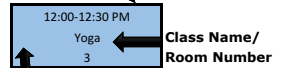
Central Parkway YMCA Group Exercise Schedule Monday, July 3 - Sunday, Oct 1

For the most up to date schedule, please view 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 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. 3	7:00-7:30 AM Triple Threat 3	7:00-7:50 AM H.I.I.T. 3	6:50-7:05 AM Core 3	9:00-10:00 AM Workout in the Park Washington Park	
		10:00-10:50 AM SilverSneakers * 1		7:00-7:50 AM Barre * 1	9:00-10:15 AM Vinyasa Yoga 3	
Afternoons						
11:00-11:50 PM Power Yoga 3	11:30-12:20 PM Tai Chi 3	11:00-11:50 PM Power Yoga 3	11:30-12:20 PM Tai Chi 3	12:00-12:50 PM Cycle * 4	12:15-1:15 PM Yoga 3	
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	12:30-1:20 PM Boxing 2	12:30-1:20 PM Cycle * 4
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			12:30-1:20PM Power Yoga 3
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			
Evenings						
5:30-6:20 PM Zumba * 2	5:30-6:20 PM Strength * 2	5:30-6:20 PM Barre * 1	5:45-6:35 PM Tabata Cycle * 4	5:30-6:00 PM Dance Fitness 1		
5:30-6:20 PM Barre * 1	5:45-6:35 PM Cycle * 4	5:30-6:20 PM Tabata Cycle * 4	6:00-6:50 PM Tai Chi 1	5:45-6:35 PM Tabata Cycle * 4		
5:30-6:20 PM Tabata Cycle * 4	6:00-7:00 PM Yoga 3	5:30-6:20 PM Boxing 2	6:00-7:00 PM Yoga 3	6:00-7:00 PM Yoga 3		
6:15-7:30 PM Vinyasa Yoga 3	6:10-7:00 PM In-Trinity* Strong * 1	6:00-7:00 PM Yoga 3	6:30-7:20 PM Zumba * 2			
6:30-7:20 PM Boot Camp 2	6:30-7:20 PM Zumba * 2	6:30-7:20 PM Boot Camp 2				
		7:15-8:15 PM Workout in the Park Washington Park				

How to Read the Schedule:

Class Start/End Time



Class Color

Class Color Description:

White = Cardio/Strength
Yellow = Cycle
Blue = Mind/Body
* = Reservation Required
Red = Fee Based (\$10 Member/ \$15 Non)