



# Central Parkway YMCA Group Exercise Schedule Monday, Oct 1 - Sunday, Oct 28

For the most up to date schedule, please visit our calendar online at [www.myy.org](http://www.myy.org). For more information contact Elizabeth Fraizer, [efrazier@myy.org](mailto: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
-------------------------	--------------------------	----------------------------	---------------------------	-------------------------	---------------------------	--------------------------

### 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 Run Row Lift* C1	6:00-6:50 AM Yoga 3	6:00-6:50 AM Run Row Lift* C1	6:00-6:50 AM Yoga 3	6:00-6:50 AM Run Row Lift* C1	8:00-8:50 AM Boot Camp 2
10:00-10:50 AM SilverSneakers® 1	6:00-7:00 AM Strength Train Together * 1	10:00-10:50 AM SilverSneakers® 1	6:00-7:00 AM Strength Train Together * 1	10:00-10:50 AM SilverSneakers® 1	9:00-10:15 AM Yoga 3

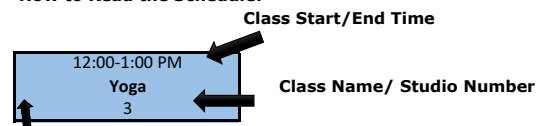
### Afternoons

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 Boot Camp 2	9:30-10:20 AM Zumba 2	12:30-1:20 PM Cycle * 4
12:00-12:30 PM Triple Threat 1	12:00-12:50 PM Zumba® 1	12:00-12:30 PM Triple Threat 1	12:00-12:50 PM Zumba® 1		10:30-11:30 AM Strength Train Together * 1	12:30-1:30 PM Strength Train Together* 1
12:40-12:55 PM Core 1	12:00-12:30 PM Run Row Lift* C1	12:40-12:55 PM Core 1	12:00-12:30 PM Run Row Lift* C1		12:00-12:50 PM Boxing 2	1:30-2:30 PM Yoga 3
	12:40-12:55 PM Core 3		12:40-12:55 PM Core 3			

### Evenings

5:30-6:20 PM Barre * 3	5:30-6:20 PM Triple Threat 1	5:30-6:20 PM Barre * 3	5:30-6:20 PM Triple Threat 1
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
6:00-7:00 PM Strength Train Together* 1	6:30-7:30 PM Yoga 3	12:00-12:50 PM Boxing 2	6:30-7:30 PM Yoga 3
6:30-7:45 PM Yoga 3	6:30-7:20 PM Zumba® 2	6:00-7:00 PM Strength Train Together* 1	6:30-7:20 PM Zumba® 2
6:35-7:20 PM Boot Camp 2		6:30-7:45 PM Yoga 3	
		6:35-7:25 PM Boot Camp 2	

### How to Read the Schedule:



### Class Color

Class Color Description:
White = Cardio/Strength
Yellow = Cycle
Blue = Mind/Body
Purple = Fee Based
* = Reservation Required
Strength Train Together® powered by MOSSA



Central Parkway YMCA



O TRYMCA