



Central Parkway YMCA Group Exercise Schedule Monday, January 2 - Sunday, April 2

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	7:00-7:50 AM Triple Threat 3	7:00-7:50 AM H.I.I.T. 3	6:50-7:05 AM Core 3	9:00-10:15 AM Vinyasa Yoga 3
		10:00-10:50 AM SilverSneakers® 1			12:15-1:15 PM Yoga 3

Afternoons

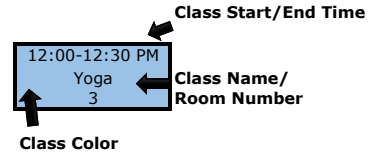
11:00-11:50 PM Power Yoga 3	11:30-12:20 PM Tai Chi 3	11:00-11:50 PM Power Yoga 3	11:30-12:20 PM Tai Chi 3	12:00-12:50 PM Tabata Cycle * 4
12:00-12:50 PM Cycle * 4	12:00-12:50 PM Zumba® 1	12:00-12:50 PM Cycle * 4	12:00-12:50 PM Zumba® 1	12:00-12:50 PM Kickboxing 3
12:15-12:45 PM Triple Threat 3	12:00-12:30 PM TNT C1	12:15-12:45 PM Triple Threat 3	12:00-12:30 PM TNT C1	
	12:40-12:55 PM Core 3		12:40-12:55 PM Core 3	

12:30-1:20 PM Cycle * 4
12:30-1:20PM Power Yoga 3

Evenings

5:30-6:20 PM Zumba® 2	5:30-6:20 PM Strength * 2	5:30-6:20 PM Barre * Starting 2/2	5:45-6:35 PM Cycle * 4	5:30-6:00 PM Dance Fitness 1
5:30-6:20 PM Barre * Starting 1/30	5:45-6:35 PM Cycle * 4	5:30-6:20 PM Tabata Cycle * 4	6:30-7:20 PM Zumba® 3	5:45-6:35 PM Tabata Cycle * 4
5:30-6:20 PM Tabata Cycle * 4	6:00-7:00 PM Yoga 3	6:00-7:00 PM Yoga 3	7:20-8:10 PM In-Trinity® Strong 1	6:00-7:00 PM Yoga 3
6:15-7:30 PM Vinyasa Yoga 3	6:30-7:20 PM Zumba® 2	6:30-7:20 PM Boot Camp 2		
6:30-7:20 PM Boot Camp 2	7:20-8:10 PM In-Trinity® Strong 1			

How to Read the Schedule:



Class Color Description:

White = Cardio/Strength
Yellow = Cycle
Blue = Mind/Body
* = Reservation Required