



Central Parkway YMCA Group Exercise Schedule Monday, April 2 – Sunday, July 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

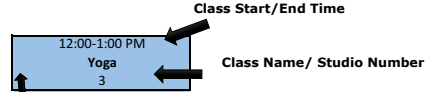
5:00AM-9:00PM Monday	5:00AM-9:00PM Tuesday	5:00AM-9:00PM Wednesday	5:00AM-9:00PM Thursday	5:00AM-9:00PM Friday	6:00AM-6:00PM Saturday	12:00PM-6:00PM Sunday
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Mornings						
6:00-6:50 AM Cycle * 4	6:00-6:50 AM Boot Camp 2	6:00-6:50 AM Cycle * 4	6:00-6:50 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	7:00-8:00 AM Strength Train Together* 1/ Starts April 10	7:00-7:30 AM Triple Threat 1	7:00-8:00 AM Strength Train Together* 1/ Starts April 12	10:00-10:50 AM SilverSneakers® 1	9:00-10:15 AM Yoga 3	
			10:00-10:50 AM SilverSneakers® 1			

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	10:30-11:30 AM Strength Train Together* 1/ Starts April 14	
12:00-12:30 PM Cycle * 4	12:00-12:50 PM Zumba® 1	12:00-12:30 PM Cycle * 4	12:00-12:50 PM Zumba® 1	12:00-12:50 PM Boxing 2		12:30-1:20 PM Cycle * 4
12:00-12:30 PM Triple Threat 1	12:00-12:30 PM Run Row Lift* C1	12:00-12:30 PM Triple Threat 1	12:00-12:30 PM Run Row Lift* C1	1:30-2:30 PM Yoga 3		
12:40-12:55 PM Core 1	12:40-12:55 PM Core 3	12:40-12:55 PM Core 1	12:40-12:55 PM Core 3	4:00-5:00 PM Strength Train Together* 1/ Starts April 15		

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	5:30-6:20 PM Cycle * 4	5:30-6:30 PM Yoga 3
6:30-7:20 PM Strength Train Together* 1/ Starts April 9	6:30-7:30 PM Yoga 3	6:30-6:30 PM Strength Train Together* 1/ Starts April 11	6:30-7:30 PM Yoga 3	
6:30-7:45 PM Yoga 3	6:30-7:20 PM Zumba® 2	6:30-6:20 PM Boxing 2	6:30-7:20 PM Zumba® 2	
6:30-7:20 PM Boot Camp 2	6:30-7:20 PM Run Row Lift* C1	6:30-7:45 PM Yoga 3	6:30-7:20 PM Run Row Lift* C1	
		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
Purple = Fee Based
* = Reservation Required
Strength Train Together® powered by MOSSA



Central Parkway YMCA



OTRYMCA