

Parker Hannifin YMCA Group Exercise Schedule Effective December 1st 2023

	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING	6:00 AM	Barbell Strength Lisa Studio I	Cycle/Strength with Sarah Studio I		Cycle & Core with Sarah Studio I			
	6:15 AM			Yoga Mairghread Yoga Room		YOGA FLOW Angela/Yoga Room	9:00AM Cycle with Katia!	
	10:00 AM							
	10:00 AM	Chair Yoga Judi/Yoga Room		11:00AM Pilates Plus Lisa Studio II	Aqua Fit Katina/Pool			
	11:00 AM	Classic Mat Pilates/Lisa Studio II	Silver Sneakers Circuit/Mo Fitness Floor	Silver Sneakers Circuit/Mo Fitness Floor	Silver Sneakers Classic/Judy Studio I			
AFTERNOON	12:05 PM	New! Yin Yoga with Queen Yoga Room	Yoga Adrienne Yoga Room	Yoga Adrienne Yoga Room	Yoga Adrienne Yoga Room			
	12:15 PM	NEW! LES MILLS "CORE" WITH MADELEIN STUDIO I	Body Pump Stefanie Studio I	NEW! LES MILLS "CORE" MADELEIN STUDIO I	NOW! BODY COMBAT! with Stefanie Studio I			NEW! 2:30PM YOGA SCULPT QUEEN YOGA ROOM
EVENING	5:30 PM		"HIIT"! LISA STUDIO I		"HIIT"! LISA STUDIO I	PLEASE FOLLOW OUR FACEBOOK PAGE AND INSTAGRAM ACCOUNT FOR THE LATEST UPDATES ON DECEMBER POP-UP EVENTS!		
	5:30 PM							
	5:30 PM	Yoga Flow Mairghread Yoga Room	Aqua Fit/Kenny Pool		Aqua Fit Kenny/Pool			
	7:00 PM		NEW! YIN YOGA/QUEEN YOGA ROOM		NEW! RESTORATIVE YOGA/QUEEN YOGA ROOM			

DON'T FORGET TO DOWNLOAD OUR NEW YMCA360 APP FOR ON DEMAND CONTENT!