



Central Parkway YMCA  
June 25th - July 1st

1105 Elm Street  
Cincinnati, OH 45202  
(513) 241-5348

	TUE 25	WED 26	THU 27	FRI 28	SAT 29	SUN 30	MON 1
6am	<b>YOGA</b> Studio 3 YMCA Staff 6am - 6:50am	<b>RUN, ROW, LIFT</b> Cardio 1 YMCA Staff 6am - 6:50am	<b>BOOT CAMP</b> Studio 2 YMCA Staff 6am - 6:50am	<b>CYCLING</b> Cycling Studio YMCA Staff 6am - 6:50am			<b>RUN, ROW, LIFT</b> Cardio 1 YMCA Staff 6am - 6:50am
	<b>BOOT CAMP</b> Studio 2 YMCA Staff 6am - 6:50am	<b>CYCLING</b> Cycling Studio YMCA Staff 6am - 6:50am	<b>YOGA</b> Studio 3 YMCA Staff 6am - 6:50am				<b>CYCLING</b> Cycling Studio YMCA Staff 6am - 6:50am
8am					<b>CYCLING</b> Cycling Studio YMCA Staff 8am - 8:50pm		
					<b>BOOT CAMP</b> Studio 2 YMCA Staff 8am - 8:50am		
9am					<b>YOGA</b> Studio 3 YMCA Staff 9am - 10:15am		
					<b>ZUMBA®</b> Studio 2 YMCA Staff 9:30am - 10:20am		
10am	<b>SILVERSNEAKERS® CLASSIC</b> Studio 1 YMCA Staff 10am - 10:50am	<b>SILVERSNEAKERS® CLASSIC</b> Studio 1 YMCA Staff 10am - 10:50am	<b>SILVERSNEAKERS® CLASSIC</b> Studio 1 YMCA Staff 10am - 10:50am	<b>SILVERSNEAKERS® CLASSIC</b> Studio 1 YMCA Staff 10am - 10:50am	<b>TRX SUSPENSION TRAINING®</b> Studio 2 YMCA Staff 10:30am - 11:20am		<b>SILVERSNEAKERS® CLASSIC</b> Studio 1 YMCA Staff 10am - 10:50am
11am	<b>TAI CHI</b> Studio 3 Master F. 11:30am - 12:20pm	<b>YOGA</b> Studio 3 YMCA Staff 11am - 11:50am	<b>TAI CHI</b> Studio 3 Master F. 11:30am - 12:20pm				<b>YOGA</b> Studio 3 YMCA Staff 11am - 11:50am
12pm	<b>RUN, ROW, LIFT</b> Cardio 1 YMCA Staff 12pm - 12:30pm	<b>TRIPLE THREAT</b> Studio 1 YMCA Staff 12pm - 12:30pm	<b>ZUMBA®</b> Studio 1 YMCA Staff 12pm - 12:50pm	<b>BOOT CAMP</b> Studio 2 YMCA Staff 12pm - 12:30pm		<b>STRENGTH TRAIN TOGETHER</b> Studio 1 YMCA Staff 12:30pm - 1:30pm	<b>TRIPLE THREAT</b> Studio 1 YMCA Staff 12pm - 12:30pm
	<b>ZUMBA®</b> Studio 1 YMCA Staff 12pm - 12:50pm	<b>CORE</b> Studio 1 YMCA Staff 12:40pm - 12:55pm	<b>RUN, ROW, LIFT</b> Cardio 1 YMCA Staff 12pm - 12:30pm	<b>DEFEND TOGETHER</b> Studio 3 YMCA Staff 12pm - 1pm		<b>CYCLING</b> Cycling Studio YMCA Staff 12:30pm - 1:20pm	<b>CORE</b> Studio 1 YMCA Staff 12:40pm - 12:55pm
	<b>CORE</b> Studio 1 YMCA Staff 12:40pm - 12:55pm		<b>CORE</b> Studio 1 YMCA Staff 12:40pm - 12:55pm				
1pm						<b>YOGA</b> Studio 3 YMCA Staff 1:30pm - 2:30pm	
5pm	<b>TRIPLE THREAT</b> Studio 1 YMCA Staff 5:30pm - 6:20pm	<b>BOXING</b> Studio 2 YMCA Staff 5:30pm - 6:20pm	<b>CYCLING</b> Cycling Studio Unspecified Instructor 5:30pm - 6:20pm	<b>BOXING</b> Studio 2 YMCA Staff 5:30pm - 6:20pm			<b>CYCLING</b> Cycling Studio Unspecified Instructor 5:30pm - 6:20pm

Please note that all classes are subject to change due to demand and participation. For your safety, it is recommended you consult your physician prior to starting any exercise program.



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	<b>TRX SUSPENSION TRAINING®</b> Studio 2 YMCA Staff 5:30pm - 6:20pm	<b>BARRE</b> Studio 3 YMCA Staff 5:30pm - 6:20pm	<b>TRX SUSPENSION TRAINING®</b> Studio 2 YMCA Staff 5:30pm - 6:20pm				<b>BARRE</b> Studio 3 YMCA Staff 5:30pm - 6:20pm
	<b>CYCLING</b> Cycling Studio Unspecified Instructor 5:30pm - 6:20pm	<b>CYCLING</b> Cycling Studio Unspecified Instructor 5:30pm - 6:20pm					
6pm	<b>DEFEND TOGETHER</b> Studio 1 YMCA Staff 6:30pm - 7:30pm	<b>STRENGTH TRAIN TOGETHER</b> Studio 1 YMCA Staff 6pm - 7pm	<b>YOGA</b> Studio 3 YMCA Staff 6:30pm - 7:30pm				<b>STRENGTH TRAIN TOGETHER</b> Studio 1 YMCA Staff 6pm - 7pm
	<b>YOGA</b> Studio 3 YMCA Staff 6:30pm - 7:30pm	<b>BOOT CAMP</b> Studio 2 YMCA Staff 6:30pm - 7:20pm	<b>ZUMBA®</b> Studio 2 YMCA Staff 6:30pm - 7:20pm				<b>BOOT CAMP</b> Studio 2 YMCA Staff 6:30pm - 7:20pm
	<b>ZUMBA®</b> Studio 2 YMCA Staff 6:30pm - 7:20pm	<b>YOGA</b> Studio 3 YMCA Staff 6:30pm - 7:45pm					<b>YOGA</b> Studio 3 YMCA Staff 6:30pm - 7:45pm

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