

City Park Fitness Center

May-August 2021











General Fitness Classes*

The classes listed below are included with a general admission fee, as well as All-Facility, City Park Fitness Center, and SilverSneakers® passes.

• = All levels •• = Intermediate/Advanced

 = SilverSneakers® class (also for RenewActive® members)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Cardio Xtreme • Solo 8-8:45 a.m.	 Circuit® • Sandra 8-8:45 a.m.	Cardio Xtreme • Kelly 8-8:45 a.m.	 Circuit® • Julie 8-8:45 a.m.	Cardio Plus • Sandra 8-8:45 a.m.	
					Meditation • Irene 9-10 a.m.
Pedaling for Parkinson's • Sunny 10-11a.m.  Classic® • Kelly 10:15-11:15 a.m.		Pedaling for Parkinson's • Sunny 10-11a.m.  Classic® • Sandra 10:15-11:15 a.m.		Pedaling for Parkinson's • Sunny 10-11 a.m.  Yoga® • Irene 10:15-11:15 a.m.	
		Tai Chi • Bud 10:30-11:30 a.m.		 Classic® • Brigid 11:30 a.m.-12:30 p.m.	
Tai Chi • Bud 12:45-1:45 p.m.				Tai Chi • Bud 12:45-1:45 p.m.	
	 Yoga® • Trudi 2-3 p.m.	Qi Gong • Sheryl 2:30-3:30 p.m.	 Yoga® • Kathleen 2-3 p.m.		

*All classes listed are subject to change or cancellation.