

WEEKLY CLASS SCHEDULES

MONDAY

6pm: LIVE Spin Class (45 min)

TUESDAY

NOON: Step Aerobics (20 min)

12:30pm: Muscle Pump (20 min)

5:30pm: LIVE Upper Body Pump (45 min)

WEDNESDAY

12:30pm: Spin Class (20 min)

5:30pm: LIVE Cardio Aerobics (45 min)

THURSDAY

6pm: LIVE Spin Class (45 min)

5:30pm: LIVE Upper Body Pump (45 min)

SATURDAY

10am: LIVE Spin Class (45 min)



PARKS FITNESS CENTER
NEW HOURS.
NEW CLASSES.
NEW YOU!

NEW HOURS:
MON-THURS. 6AM-8PM
FRIDAY. 6AM-6PM
SATURDAY. 8AM-2PM



LEARN MORE