



Y of Central Maryland  
It's deeper here.®

# Parkville Family Center Y

## HEALTH & WELL-BEING SPRING 2:4/28/14 - 6/22/14

(7 week session with 8<sup>th</sup> week reserved for make-ups, if needed)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			5:45-6:30am Circuit Training A	5:45-6:30am Cycle C		
9:15-10:00am Step & Strong A	9:15-10:00am Cardio Dance B	9:15-10:00am Cardio Kickboxing A	9:15-10:00am Step & Strong A	9:15-10:00am Cycle C	9:15-10:00am Cycle C	8:00-8:45am Cycle C
10:15-11:00am Body Sculpt A	10:00-10:45am Balletone B	10:30-11:30am Tai Chi B**	10:00-10:45am Cardio Dance B	10:15-10:45am CX Worx A	9:30-10:15am Yoga B	9:00-10:00am Body Pump A
<i>All free classes will use a ticket system for registration. Participants should see the front desk to receive a ticket no sooner than 30 minutes prior to the start of class. After receiving a ticket, participants should sign in at the Fitlinxx Studio Partner kiosk. Instructors will then collect tickets at the beginning of each class.</i>	10:15-11:15am Body Pump A	10:15-10:45am CX Worx A	10:15-11:00am Body Sculpt A		10:15-11:15am Body Sculpt A	9:30-10:30am Yogalates B
		10:45-11:30am Flexibility A	11:00-11:45am Flexibility B			10:15-10:45am CX Worx A
			11:15-12:00pm Everfit A			<b>Stay &amp; Play</b>  <b>Mon-Sat</b>  <b>9:00am-1:00pm</b>  <b>Mon-Fri</b>  <b>5:00-8:00pm</b>  <b>NEW Sunday Hours!</b>  <b>10:00-1:00pm</b>
			5:15-6:00pm Body Sculpt A			
	6:15-7:00pm Cycle C	6:00-6:45pm Cardio Kickboxing A	6:00-6:45pm Cycle C	5:15-6:00pm Cardio Dance B	5:30-6:15pm Cycle C	
	6:15-7:00pm Cardio Blast A	6:00-6:45pm Cycle C	6:00-6:45pm Cardio Blast A	6:15-7:15pm Body Pump A		
<b>Room Key</b> A- Studio A B-Studio B C- Cycle Room AR- Activity Room	6:45-7:45pm Yoga B	6:30-7:30pm Yoga B	6:00-7:00pm Yoga B	6:15-7:00pm Cycle C		
	7:15-8:00 Core Conditioning A	7:00-8:00pm Body Pump A	7:00-7:45pm Step & Strong A	6:45-7:45pm Yoga B		
	7:45-8:15pm Pilates B		7:00-7:30pm Small Group Training AR "Strength Builder"***	7:30-8:15pm Core Hoop A		** - Fee based program

## Health & Well-being Program Fees

Program Code	Class Name	Member Rate
02184	Balletone	Free
02178	Body Pump	Free
02176	Body Sculpt	Free
02151	Cardio Blast	Free
02185	Cardio Dance	Free
02166	Cardio Kickboxing	Free
02182	Core Conditioning	Free
02190	Core Hoop	Free
02158	CxWorX	Free
02167	Cycle	Free
02372	Everfit	Free
02245	Flexibility	Free
02403	Pilates	Free
02285	"Strength Builder" Small Group PT	Fee Based
02361	Step and Strong	Free
02135	Tai Chi	Fee-Based
02231	Yoga	Free
02229	Yogalates	Free

### NEW PT Program- "Strength Builder"

This small group personal training program will build strength and power and burn calories by alternating muscle groups and strength movements. All fitness levels WELCOME!!

**\$70- Members and Youth Members**

**\$140- Non Members**

Contact fitness director, Andy Corbett for details, [andrewcorbett@ymaryland.org](mailto:andrewcorbett@ymaryland.org)