



PARKWEST FITNESS



August 9 - August 15, 2020

In Club Classes

SUNDAY 8/9

3:30pm BODYPUMP 60
4:30pm RPM 60

MONDAY 8/10

10:00am Move to Imp:BLAST 45
5:30pm Get RIPPed 60
5:30pm CoreFIT 60
5:45pm RPM 45

TUESDAY 8/11

5:30am RPM 45
6:15am TRX 30
9:15am BODYPUMP 60
10:15am CoreFIT 30
5:45pm RPM 45
7:15pm RipTide Power Hour

WEDNESDAY 8/12

5:15am BODYPUMP 60
10:00am Move to Imp:BLAST 45
5:30pm BODYPUMP 60

THURSDAY 8/13

5:30am RPM 45
9:15am RPM 60
9:15am BODYPUMP 60

FRIDAY 8/14

5:15am BODYPUMP 45
6:00am CXWORX 30
9:00am Cycle 60
10:15am CoreFIT 30
5:30pm BODYPUMP 60

SATURDAY 8/15

8:00am RPM 60
10:00am CoreFIT 60
12:00pm BODYPUMP 60

Virtual Classes

TUESDAY 8/11

10:00am Virtual Turbo Kick 30/Intervals 30
2:15pm Virtual Zumba 60
6:00pm Virtual POUND 45

WEDNESDAY 8/12

8:00am Virtual Yoga 60
9:00am Virtual Thrive Barre 60

THURSDAY 8/13

2:15pm Virtual Zumba 60
6:00pm Virtual POUND 45

SATURDAY 8/15

9:00am Virtual POUND 45
10:00am Virtual Turbo Kick 30/Intervals 30

All virtual classes are delivered via ZOOM.

Meeting IDs and passwords can be found either by clicking on the class description in the MINDBODY/Parkwest app or by looking in the class format Facebook groups.

Members should sign up via the MINDBODY/Parkwest app.

On Demand Classes

Zumba 60
Square Up 45

We offer ON DEMAND classes every week. Zumba posts a new class every Tuesday/Thursday. Square Up Boxing posts a class every Friday. To access these videos, text the class you want ("Zumba" or "Square Up") to 765-426-8087. You will receive a reply with a ZOOM link to that recording. Enjoy!

Class Reservation Policies

New weekly class schedules will be posted on Friday afternoons.

Class space is limited and advance reservations are necessary to reserve a spot.

Members who sign up for a class but don't attend will receive an email warning. After a second no show, reservation privileges will be revoked.

Use the Parkwest App to reserve your class spot. Updates are made in the app. If you are registered, you will be notified via e-mail when classes change.

Follow us on Facebook and Instagram!

