



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# OAK PARK FITNESS SCHEDULE - SUMMER

Register 5/20 for all 3 months! June, July, August

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45am	**Strength Train Together (60) Alison - Lg. Studio	**Cardio Strength (60) Dana - Lg. Studio	Crossbody (60) Molly - Sm. Studio	**Cardio Strength (60) Dana - Lg. Studio	**Strength Train Together (60) Molly - Lg. Studio		
5:45am		Spin Fusion (45) Molly - Cycle	**Cardio Drumming (60) Alison - Lg. Studio	<u>Spin Fusion (45) Abbie - Cycle</u>	Yoga (60) Amy - SMB		
7:00am				Barre (45) Molly - SMB			
8:05am							
8:50am			<u>Yogalates (60) Lisa K.S. - SMB</u>				
9:00am	**Cardio Strength (60) Lisa - Lg. Studio	<u>Group Cycle (45) Deanna - Cycle</u>	**Cardio Strength (60) Lisa - Lg. Studio	<u>Group Cycle (45) Deanna - Cycle</u>	**Strength Train Together (60) Molly - Lg. Studio		
9:00am	<u>Yoga (60) Maja - SMB</u>	**Strength Train Together (60) Jenn - Lg. Studio		**Strength Train Together (60) Jenn - Lg. Studio	Barre (45) Deanna - SMB	Tai-Chi (90) Dan - SMB	
9:30am						**Strength Train Together (60) Rotating - Lg. Studio	
10:00am		<u>Pilates (60) Lisa K.S. - SMB</u>	Zumba (60) Alyjah - SMB				
10:40am						Zumba (60) Shelly - SMB	
12:15pm	**Strength Train Together (60) Molly - Lg. Studio		**Bootcamp (60) Molly - Lg. Studio		**Strength Train Together (60) Ted - Sm. Studio		
4:30pm				<b>NEW!!</b> **Bars & Bells (60) Donna			
5:30pm	**Turning Point Yoga (60) Hyonju - SMB	**Turning Point Fitness (60) Brenda - Sm. Studio		**Turning Point Fitness (60) Kathy/Kate			
5:30pm	Buns & Thighs (30) Deanna - Lg. Studio	Barre (45) Deanna - SMB	<b>NEW!!</b> Express Cycle (30) Deanna - Cycle	<u>Yoga (60) Lee - SMB</u>			
5:45pm					**Friday Fitness! (45) - Lg. Studio		
6:00pm			**Cardio Drumming (45) Alison - Lg. Studio				
6:00pm				<u>Bike &amp; Barre (60) Deanna - Cycle</u>			
6:00pm							
6:15pm	**Strength Train Together (60) Alison - Lg. Studio	**Strength Train Together (60) Jenn - Lg. Studio		**Strength Train Together (60) Jenn/Alison			
6:30pm	<u>Group Cycle (45) Emily - Cycle</u>	<b>NEW!!</b> Women on Weights (45) Jordan - Fit. Center		<u>Yogalates (60) Lisa K.S. - SMB</u>			
6:30pm		<b>NEW!!</b> HIIT It (30) Deanna - Sm. Studio		HIIT It (30) Molly - Sm. Studio			
7:00pm	<u>Yoga Flow (60) Hyonju - SMB</u>			Core Galore (30) Molly - Sm. Studio			
7:30pm	Martial Arts (120) Brandon - Lg. Studio			<b>NEW!!</b> Adult Dance - Swing (60) John - SMB			

\*\*Indicates free classes for members  
Underlined classes indicate part of a bundle  
Shaded area indicates when tot watch is available  
Some classes subject to change monthly - check online for most up to date



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## OAK PARK FITNESS DESCRIPTIONS

**Barre:** Barre is the fastest, most effective way to change your body. A total body workout, Barre lifts your seat, tones your thighs abs & arms and burns fat.

**Bike & Barre:** Take the above, and combine sweaty cycle intervals to burn double the calories while toning your body!

**Bootcamp:** Modifiable for all fitness levels!! Improve your strength and cardiovascular endurance with a fun class designed to keep your body guessing!

**Cardio Drumming:** Sweat your way through a high-energy, full body aerobic workout that gets the heart pumping and body moving. Incorporating energizing music, drumming and rhythm to increase your fitness with an ever-changing routine.

**Cardio Strength:** Get a total body workout that focuses on strengthening the body with intervals of cardio and strength using hand weights, body bars, resistance bands, steps and resistance balls.

**Core Galore:** Abs, obliques, back and more! Work your core in fun, different ways in this 30 minute class!

**Crossbody:** Start your day off with a kick-butt workout! Class includes TRX Suspension, Kettlebells, Steps, Kickboxing, Strength training and more!

**Cy-Yo:** Combine the fantastic benefits of a group cycling class with the amazing recovery of yoga. Start out with a 40 minute calorie burning ride, followed by 30 minutes of restorative yoga!

**Express Kettlebell:** Functional, compound exercises work multiple muscle groups simultaneously, developing strength and muscular endurance.

**Friday Fitness!:** Start your weekend right with this fun Friday night class! Depending on the instructor of the week, you will try out cardio drumming, tabata, HIIT, Zumba and more!

**Group Cycle:** Using a studio cycle with a weighted flywheel, this heart pounding workout uses pacing and sets. Please arrive at least 5 minutes before class to set up your bike!

**Group Cycle Bundle:** The cycle bundle allows you to take unlimited cycle classes at the Oak Park facility (space allowing). *\$30 for one month.*

**HIIT IT:** This 30 minute class is packed with high intensity intervals, variety and fun!

**Kickboxing:** Through exercises and drills we will explore fundamentals common to kickboxing and many martial arts. We will work on improving mobility, speed, coordination, strength and stamina. Hand wraps are recommended.

**Martial Arts:** A 2-hour class that uses various martial art forms including Muay Thai Kickboxing, Tai Chi and more!

**Pilates:** Using your body weight and minimal equipment, pilates improves flexibility, builds strength and develops control and endurance in the entire body.

**Spin Fusion:** Combine the cardiovascular benefits of cycling and the strengthening benefits of weights and plyometrics for an amazing full body workout!

**Strength Train Together:** Strength Train Together will blast all of your muscles with a high-rep weight training workout. Using an adjustable barbell, weight plates and your body weight, this workout combines squats, lunges, presses and curls, with functional integrated exercises. Dynamic music and a motivating group atmosphere will get your heart rate up, make you sweat and push you to your personal best. *Members Only Class: FREE*

**Tai-Chi:** Derived from a style of shadowboxing, tai chi is a gentle exercise program that instills many health benefits such as lower blood pressure, higher stability and flexibility, improved circulation and reduced pain.

**Total Body Blast:** This class will strengthen your entire body while keeping your heart rate pumping.

**Turning Point Fitness:** Designed specifically for breast cancer survivors, participants are evaluated individually creating a program just for them. *Participation is free for all breast cancer survivors.*

**Women on Weights:** New to weights? Intimidated? Looking for new ideas? Run by CPT Jordan, this class will increase your strength and confidence!

**Yoga:** Yoga develops strength, flexibility and relaxation by adapting the body to postures which fit individual needs.

**Yogalates:** In this class, we combine Pilates and yoga for a total body workout focused on toning the glutes, thighs and stomach.

**Yoga Bundle:** The yoga bundle allows you to take unlimited yoga, yogalates and pilates classes at the Oak Park facility (space allowing). *\$30 for one month.*

**Zumba:** Experience an absolute blast of exhilarating calorie-burning, muscle-pumping and energizing movements meant to engage the

**Zumba:** Experience an absolute blast of exhilarating calorie burning, muscle pumping and energizing movements meant to engage the



**FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**