



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

OAK PARK FITNESS SCHEDULE

STUDIO CLASSES FOR NOVEMBER 1st - 30th

Revision Date: 10/08/2021

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:15 AM	Cardio Strength (60) Alison - Lg. Studio		Strength for All (60) Alison - Lg. Studio		Strength for All (60) Alison - Lg. Studio	
9:00 AM		Stronger Longer (60) Carolyn - Lg. Studio		Stronger Longer (60) Carolyn - Lg. Studio		Tai Chi (60) Dan - SMB Studio
		Cycling (45) Deanna - Cycling Studio		Cycling (45) Deanna - Cycling Studio		
9:30 AM			Yogalates (60) Lisa - SMB Studio			
10:00 AM	Silver Sneakers BOOM Muscle (45) Deanna - SMB Studio					
10:30 AM		Silver Sneakers (60) Deanna - Lg. Studio		Silver Sneakers (60) Deanna - Lg. Studio		
10:45 AM			Barre (45) Deanna - SMB Studio			
11:00 AM	Silver Sneakers Yoga (60) Deanna - Lg. Studio					
1:00 PM		Yoga (60) Lee - SMB Studio				
6:00 PM	Strength for All (60) Alison - Lg. Studio		Cardio Drumming (60) Alison - Lg. Studio	Cardio Strength (60) Alison - Lg. Studio		

ALL CLASSES are free for members
(xx) Duration of class times in minutes
Please register at the Welcome Center or online to save your spot in your favorite class.
Detailed class descriptions available at the Welcome Center.