



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

OAK PARK FITNESS SCHEDULE

STUDIO CLASSES FOR JANUARY 1ST - FEBRUARY 28TH

Revision Date: 01/14/2022

| 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 |
| | | Cyling (45) Deanna - Cycling Studio | | Cyling (45) Deanna - Cycling Studio | | |
| 9:30 AM | | | Yogalates (60) Lisa - SMB Studio | | | |
| 10:00 AM | Silver Sneakers BOOM Muscle (45) Deanna - Lg. Studio | | | | | |
| 10:30 AM | | Silver Sneakers (60) Deanna - Lg. Studio | | Silver Sneakers (60) Thom - Lg. Studio | | |
| 10:45 AM | | | Barre (45) Deanna - SMB Studio | | | |
| 11:00 AM | Silver Sneakers Yoga (60) Deanna - Lg. Studio | | | | | |
| 12:00 PM | | | Cardio Drumming (45) Deanna - Lg. Studio | | | |
| 1:00 PM | | Yoga (60) Lee - SMB Studio | | | | |
| 6:00 PM | Strength for All (60) Alison - Lg. Studio | | Cardio Drumming (45) Alison - Lg. Studio | Cardio Strength (60) Alison - Lg. Studio | | |
| | Adult Dance (90) Thom - SMB Studio | | | | | |
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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.