



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# OAK PARK FITNESS SCHEDULE

STUDIO CLASSES FOR October 1-31

Revision Date: 9/19/2022

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:05 AM		Cycling (50) Dave - Cycling Studio				
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		Beginner Mat Yoga (60) Heather- SMB Studio	Yogalates (60) Lisa - SMB Studio			
10:00 AM				Zumba (60) Carol - SMB 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 Stability & Balance (45) Deanna- Lg. Studio <b>NEW</b>			Yoga Flow (60) Heather- SMB Studio <b>NEW</b>		
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	Vinyasa Yoga (60) Amy- SMB Studio <b>NEW</b>	Cardio Drumming (60) Alison - Lg. Studio	Cardio Strength (60) Alison - Lg. Studio		
	Adult Dance (90) Thom - SMB Studio					

ALL CLASSES are free for members  
(xx) Duration of class times in minutes  
Detailed class descriptions available at the Welcome Center.