



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

OAK PARK FITNESS SCHEDULE

STUDIO CLASSES FOR January 1-31

12/19/2022

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:05 AM		Power Core Interval(60) Peggy - Lg. Studio		Power Core Interval(60) Peggy - Lg. 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	Cycling (45) Jen - Cycling Studio NEW	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	Chair Yoga (50) Heather- Multi Purpose		
10:00 AM			Butts & Guts (30) Jen Lg. Studio NEW	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			Yoga Flow (60) Heather- SMB 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	Vinyasa Yoga (60) Amy- SMB Studio	Cardio Drumming (60) Alison - Lg. Studio	Cardio Strength (60) Alison - Lg. Studio		
	Adult Dance (90) Thom - SMB Studio					

January 1-Hours 7am-12pm

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