



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# OAK PARK FITNESS SCHEDULE

STUDIO CLASSES FOR March 1-31

3/2/2023

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	
8:00 AM						Tri-Team (240) Multi Purpose rm. <i>Fee based</i>
8:45 AM		Stronger Longer (60) Carolyn - Lg. Studio		Stronger Longer (60) Carolyn - Lg. Studio		
9:00 AM			Cycling (45) Jen - Cycling Studio			Tai Chi (60) Dan - SMB Studio
		Cycling (45) Deanna - Cycling Studio		Cycling (45) Deanna - Cycling Studio		Tri-Team (120) Cycling Studio <i>fee based</i>
9:30 AM	Weights for Women-Sm. Group PT (60) <i>fee based</i> - Anthen Lg studio		Yogalates (60) Lisa - SMB Studio			
10:00 AM			Butts & Guts (30) Jen Lg. Studio	Zumba (60) Carol - SMB Studio		
10:00 AM	<b>NEW</b> EnhanceFitness (60) Rebecca & Karen Multi Purpose room		<b>NEW</b> EnhanceFitness (60) Rebecca & Karen Multi Purpose room		<b>NEW</b> EnhanceFitness (60) Rebecca & Karen Multi Purpose room	
10:30 AM		Silver Sneakers (60) Deanna & Thom Lg. Studio		Silver Sneakers (60) Deanna & Thom Lg. Studio		
10:45 AM			Barre (45) Deanna - SMB Studio			
11:00 AM	Silver Sneakers Stability & Balance (45) 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	Vinyasa Yoga (60) Amy-SMB Studio	Cardio Drumming (60) Alison - Lg. Studio	Cardio Strength (60) Alison - Lg. Studio		
	Adult Dance (90) Thom - SMB Studio					

March 1-31

ALL CLASSES are free for members

(xx) Duration of class times in minutes

Detailed class descriptions available at the Welcome Center.