



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

OAK PARK FITNESS SCHEDULE

STUDIO CLASSES FOR May 1-31

4/24/2023

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	
8:00AM						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						Tai Chi (60) Dan - SMB Studio
		Cyling (45) Deanna - Cycling Studio		Cyling (45) Deanna - Cycling Studio		Tri-Team (240) Multi Purpose rm. <i>Fee based</i>
9:30 AM	Small Group PT with Anthen (60) <i>fee based</i> - Multi-Purpose		Yogalates (60) Lisa - SMB Studio	Chair Yoga (45) Rebecca- Multi Purpose		
10:00 AM				Zumba (60) Carol - SMB Studio		
10:00 AM	EnhanceFitness (60) Rebecca & Karen - Lg. Studio		EnhanceFitness (60) Rebecca & Karen - Multi Purpose room		EnhanceFitness (60) Rebecca & Karen- Lg. Studio	
10:30 AM		Silver Sneakers (60) Deanna - Lg. Studio		Silver Sneakers (60) Thom - Lg. Studio		
10:45 AM			Silver Sneakers Stability & Balance (45) Deanna- Lg. Studio			
11:00 AM				Yoga (60) Rebecca-SMB		
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 (60) Thom & Alex- SMB Studio					
7:00 PM	Intermediate Dance (60)Thom SMB Studio			Cyling (60) Mat - Cycling Studio		

May 1-31

Memorial Day Hours 7am-12pm

ALL CLASSES are free for members
(xx) Duration of class times in minutes

Detailed class descriptions available at the Welcome Center.