



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

OAK PARK FITNESS SCHEDULE

STUDIO CLASSES FOR SEPTEMBER 1-30

8/21/2023

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6::00 AM	Cardio Strength (60) Alison - Lg. Studio	Power Core Interval(60) Peggy - Lg. Studio	Strength for All (60) Alison - Lg. Studio	Power Core Interval(60) Peggy - Lg. Studio	Strength for All (60) Alison - Lg. Studio	
8:45 AM		Stronger Longer (60) Carolyn - Lg. Studio		Stronger Longer (60) Carolyn - Lg. Studio		
9:00 AM		Cyling (45) Deanna - Cycling Studio		Cyling (45) Deanna - Cycling Studio		Tai Chi (60) Dan - SMB Studio
9:30 AM		Warm Yoga (60) Mary - Yoga Studio NEW Begins Sept. 12	Yogalates (60) Lisa - SMB Studio			
9:45 AM	EnhanceFitness (60) Rebecca - Lg. Studio NEW TIME		EnhanceFitness (60) Rebecca - Lg. Studio NEW TIME		EnhanceFitness (60) Rebecca - Lg. Studio NEW TIME	
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						
11:00 AM	Chair Yoga (45) Rebecca- Lg. Studio NEW DAY & TIME		Balanced Strength & Stretch (60) Thom - Lg. Studio			
11:00 AM			Chair Yoga (45) Rebecca- Lg. Studio NEW DAY & TIME			
1:00 PM		Yoga (60) Lee - SMB Studio				
6:00 PM	Strength for All (60) Alison - Lg. 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					

LABOR 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.