

OAK PARK- THANKSGIVING WEEK FITNESS SCHEDULE NOVEMBER 20-25

Monday 11/20

6:00am-Cardio Strength- Alison
9:45am-EnhanceFitness- Jeri
6:00pm-Strength for All- Alison
6:00pm-Adult Dance- Alex
7:00pm-Intermediate Dance- Alex

Tuesday 11/21

5:45am-Power Core-Peggy
8:45am- Stronger Longer- Carolyn
9:00am-Cycling- Deanna
9:30am-Warm Yoga- Mary
10:30am- Silver Sneakers-Deanna

Wednesday 11/22

6:00am- Strength for All- Alison
9:30am-Yogalates-Lisa
9:45am-EnhanceFitness- Jeri
11:00am- Stability and Balance- Thom

Thursday 11/23

HAPPY THANKSGIVING- CLOSED

Friday 11/24

6:00am-Strength for All- Alison