



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

OAK PARK FITNESS SCHEDULE

STUDIO CLASSES FOR NOVEMBER 1-30

10/16/2023

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:45 AM		Power Core Interval(60) Peggy - Lg. Studio		Power Core Interval(60) Peggy - Lg. Studio		
6:00 AM	Cardio Strength (60) Alison - Lg. Studio		Strength for All (60) Alison - 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 - upstairs sm. Yoga studio	Yogalates (60) Lisa - SMB Studio			
9:45 AM	EnhanceFitness (60) Rebecca - Lg. Studio		EnhanceFitness (60) Rebecca - Lg. Studio		EnhanceFitness (60) Rebecca - Lg. Studio	
10:00 AM				Zumba (60) Carol - SMB Studio		
10:30 AM		Silver Sneakers (60) Deanna - Lg. Studio		Silver Sneakers (60) Thom - Lg. Studio		
11:00 AM	Chair Yoga (45) Rebecca- Multi Purpose		Balanced Strength & Stretch (60) Thom - Lg. Studio			
11:00 AM			Chair Yoga (45) Rebecca- Multi Purpose			
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 & Alex SMB Studio			Cycling (60) Mat- Cycling Studio		

NOVEMBER 1-30

ADDITIONAL FLIER FOR THANKSGIVING WEEK CLASSES

ALL CLASSES are free for members

(xx) Duration of class times in minutes

Detailed class descriptions available at the Welcome Center.