



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

OAK PARK FITNESS SCHEDULE

STUDIO CLASSES FOR APRIL 1-30

Date revised 3/25/2024

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:45 AM	Cardio Strength (60) Alison - Lg. Studio	Spin Fusion (45) Molly - Cycling Studio	Strength for All (60) Alison - Lg. Studio	Crossbody (60) Molly- Multi Purpose Room	Strength for All (60) Alison - Lg. Studio	
		Power Core Interval (60) Peggy - Lg. Studio <i>*No Class 4/2*</i>		Power Core Interval (60) Peggy - Lg. Studio <i>*No Class 4/4*</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
9:05 AM		Cyling (45) Deanna - Cycling Studio		Cyling (45) Deanna - Cycling Studio	Step Strength (45) Molly - Lg. Studio	Saturday Rotations (60) Lg. Studio
		Kettlebell (55) Kristin - Multipurpose Room NEW!! <i>*Begins 4/16*</i>				Rotations : 4/6: Yoga 4/13: Saturday Sampler Event - See flyer!!
9:30 AM	Warm Yoga (60) Erin - Warm Yoga studio (upstairs)		Yogalates (60) Lisa - SMB Studio			4/20: Total Body Mobility 4/27: Strength For All
9:45 AM	EnhanceFitness (60) Rebecca - Lg. Studio		EnhanceFitness (60) Rebecca - Lg. Studio			
10:00 AM				Zumba (60) Carol - SMB Studio <i>*No class 4/4 or 4/11</i>	EnhanceFitness (60) Rebecca - Lg. Studio	
10:30 AM		Silver Sneakers (60) Deanna - Lg. Studio				
11:00 AM	Chair Yoga (45) Rebecca - Multi Purpose Room		Chair Yoga (45) Rebecca- Multi Purpose Room			
1:00 PM		Yoga (60) Lee - SMB Studio				
6:00 PM	Strength for All (60) Alison - Lg. Studio	Total Body Mobility (60) Duncan - SMB	Cardio Drumming (60) Alison - Lg. Studio	Cardio Strength (60) Alison - Lg. Studio		
	Adult Dance (60) Alex- SMB Studio		Tri-Team Strength Training (60) Alexa - SMB Studio			
6:15 PM		Tabata w/ Strength & Core (45) Kelly - Lg. Studio NEW!!				
7:00 PM	Intermediate Dance (60) Alex - SMB Studio			Cycling (60) Mat- Cycling Studio		

April 1-30

ALL CLASSES are free for members

(xx) Duration of class times in minutes

Detailed class descriptions available at the Welcome Center.