



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

OAK PARK FITNESS SCHEDULE

STUDIO CLASSES FOR MAY 1-31

Date revised 4/25/2024

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		Power Core Interval (60) Peggy - Lg. Studio		
8:45 AM		Stronger Longer (60) Carolyn - Lg. Studio	Cardio Peak (45) Donna - Lg. Studio NEW!!!	Stronger Longer (60) Carolyn - Lg. Studio		
9:00 AM						Tai Chi (60) Dan - SMB Studio
9:05 AM		Cycling (45) Deanna - Cycling Studio		Cycling (45) Deanna - Cycling Studio	Step Strength (45) Molly - Lg. Studio	Saturday Rotations (60) Lg. Studio
		Kettlebell (55) Kristin - Multipurpose Room NEW!!				Rotations : 5/4: Tabata w/ Strength & Core 5/11: Spin Fusion
9:30 AM	Warm Yoga (60) Erin - SMB		Yogalates (60) Lisa - SMB Studio			5/18: Strength for All 5/25: Strength for All
9:45 AM	EnhanceFitness (60) Rebecca - Lg. Studio		EnhanceFitness (60) Rebecca - Lg. Studio			
10:00 AM					EnhanceFitness (60) Rebecca - Lg. 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 Room		Chair Yoga (45) Rebecca- Multi Purpose Room			
12:00pm	Monday Mashup (60) Molly - Lg. Studio NEW!!!					
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				
7:00 PM	Intermediate Dance (60) Alex - SMB Studio					

May 1-31

ALL CLASSES are free for members

(xx) Duration of class times in minutes

Detailed class descriptions available at the Welcome Center.