

OAK PARK YMCA FITNESS SCHEDULE

STUDIO CLASSES FOR JULY 1-31

Date revised 6/25/2025

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:45 AM	Cardio Strength (60) Alison - Lg. Studio	Spin Fusion (50) Molly - Cycling Studio	Strength for All (60) Alison - Lg. Studio	Crossbody (50) Molly - Small Studio	Strength for All (60) Alison - Lg. Studio	
		Full Body Suspension Training (60) Peggy – Sm. Studio		Power Core Interval (60) Peggy - Lg. Studio		
8:30 AM			Cardio Peak w/ Step (45) Donna - Lg. Studio			
8:45 AM		Stronger Longer (60) Carolyn - Lg. Studio		Stronger Longer (60) Carolyn - Lg. Studio		
9:00 AM		Cycling (45) Deanna - Cycling Studio		Cycling (45) Deanna - Cycling Studio		Tai Chi (60) Dan - SMB Studio
9:05 AM		Kettlebell (55) Kristin - Small Studio				Saturday Rotations (55) Lg. Studio • 7/5 Strength for All • 7/12 Tabata w/ Strength & Core • 7/19 Cardio Peak w/ Step • 7/26 Barre w/ Molls
9:15 AM					Step Strength (45) Molly - Small Studio	
9:30 AM	Yoga Blend (60) Erin - SMB					
9:45 AM	EnhanceFitness (60) Rebecca - Lg. Studio		EnhanceFitness (60) Rebecca - Lg. Studio		EnhanceFitness (60) Rebecca - Lg. Studio	
10:00 AM		Butts & Guts (30) Deanna – SMB		Butts & Guts (30) Deanna – Sm. Studio		Tai Chi Practice (30) Dan – SMB
				Zumba (60) Carol - SMB		
10:15 AM					Yoga (30) Erin – Small Studio	
10:30 AM				Silver Sneakers (60) Jen - Lg. Studio		
10:45 AM		Silver Sneakers (60) Deanna - Lg. Studio				
11:00 AM	Chair Yoga (45) Rebecca - SMB		Chair Yoga (45) Rebecca - SMB			
11:15am	Express Spin (30) Molly - Cycle Studio					
12:00pm	Monday Mashup (60) Molly - Lg. Studio			Pilates (45) Jen – SMB		
1:00 PM		Yoga (60) Laurie - SMB Studio				
5:30 PM	Zumba (50) Molls – SMB NEW!!					
5:45 PM						
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		
6:15 PM		Tabata w/ Strength & Core (45) Kelly - Lg. Studio				
6:30 PM	Adult Dance (60) Alex - SMB Studio					
7:15 PM			Restore & Revive (30) Doug – Lg. Studio			
7:30 PM	Intermediate Dance (60) Alex - SMB Studio					

ALL CLASSES are free for members. Detailed class descriptions are available at the Welcome Center.(xx) Duration of class times in minutes

View our online calendar for live updates on classes. Scan the QR code! Modified schedule Friday 7/4

