

Labor Day Class Schedule

Monday 9/1/2025

Oak Park YMCA:

7:15am Strength for All w/ Alison

Parkwood YMCA:

7:00am Cardio/Strength w/ Cheryl

8:00am Pilates w/ Kristine

10:15am Cardio Strength w/ Lori

Westside YMCA:

7:00am Movin and Groovin' w/ Angela

10:00am Yoga Basics w/ Bill

