

OAK PARK YMCA FITNESS SCHEDULE

STUDIO CLASSES FOR NOVEMBER 1-30

Date revised 10/28/2025

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) Tara - Cycling Studio		Cycling (45) Jen - Cycling Studio		Tai Chi (60) Dan - SMB Studio
9:05 AM		Total Body Strength (55) Kristin - Small Studio				Saturday Rotations (55) Lg. Studio
9:15 AM					Step Strength (45) Molly - Small Studio	• 11/1 Tabata w/ Strength & Core • 11/8 Strength for All • 11/15 Cardio Peak w/ Step • 11/22 No class – Ride for a Reason Event! • 11/29 Strength for All
9:30 AM	Yoga Blend (60) Erin - SMB		Yogalates (60) Lisa - 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) Kristin – SMB		Express Pilates (30) Jen – Sm. Studio		
				Zumba (60) Carol - SMB		Tai Chi Practice (30) Dan – SMB
10:15 AM					Yoga (30) Erin – Small Studio	
10:45 AM		Silver Sneakers (60) Jen - Lg. Studio		Silver Sneakers (45) Jen - Lg. Studio		SUNDAY: 11:00am (60) Barre w/ Molls – SMB NEW!! <i>*No class 11/2</i> 1:00pm (60) Aqua Zumba w/ Molls – Pool NEW!! <i>*\$5 drop in</i> <i>*No class 11/2</i>
11:00 AM	Chair Yoga (45) Rebecca - SMB		Chair Yoga (45) Rebecca - SMB			
11:15am	Bike & Barre (75) Molly - Cycle Studio NEW!!					
1:00 PM		Yoga (60) TBD - SMB Studio				
5:30 PM	Zumba (50) Molls – SMB					
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					
7:00 PM				Cycle (60) Mat – Cycle 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!

Closed Thursday 11/27, modified schedule Wednesday 11/26 & Friday 11/28.

