

OAK PARK YMCA FITNESS SCHEDULE

STUDIO CLASSES FOR DECEMBER 1-21

Date revised 11/25/2025

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) Tara - Cycling Studio		Cycling (45) Jen - Cycling Studio		Tai Chi (60) Dan - SMB Studio
9:00 AM		Total Body Strength (55) Kristin - Small Studio		Power Yoga (50) Tiffany – SMB NEW!		Saturday Rotations (55) Lg. Studio
9:15 AM					Step Strength (45) Molly - Small Studio	• 12/6 Strength for All w/ Alison • 12/13 Zumba Step Breakdown • 12/20 Strength for All w/ Donna • 12/27 Strength for All w/ Alison
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 – Sm. Studio		Express Pilates (30) Jen – Sm. Studio		Tai Chi Practice (30) Dan – SMB
				Zumba (60) Carol - 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!! 1:00pm (60) Aqua Zumba w/ Molls – Pool NEW!! *\$5 drop in
11:00 AM	Chair Yoga (45) Rebecca - SMB		Chair Yoga (45) Rebecca - SMB			
11:15am	Bike & Barre (75) Molly - Cycle Studio					
1:00 PM		Yoga (60) Tiffany - 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!

Revised Holiday schedule December 22 - January 4

