

OAK PARK YMCA FITNESS SCHEDULE HOLIDAY WEEKS

STUDIO CLASSES FOR DECEMBER 22 – JANUARY 4

Date revised 12/15/2025

***Classes are running both weeks unless indicated with a singular date**

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	
8:30 AM			Cardio Peak w/ Step (45) Donna - Lg. Studio			
8:45 AM						
9:00 AM		Cycling (45) Tara - Cycling Studio		Cycling (45) Jen - Cycling Studio 1st only		Tai Chi (60) Dan - SMB Studio
9:00 AM						Saturday Rotations (55) Lg. Studio
9:15 AM					Step Strength (45) Molly - Small Studio 2nd only	• 12/27 Strength for All w/ Alison • 1/3 Tabata w/ Strength & Core w/ Kelly
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 2nd only	
10:00 AM				Express Pilates (30) Jen - Sm. Studio 1st only		Tai Chi Practice (30) Dan - SMB
10:15 AM					Yoga (30) Erin - Small Studio 2nd only	
10:45 AM		Silver Sneakers (60) Jen - Lg. Studio		Silver Sneakers (45) Jen - Lg. Studio 1st only		
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				
5:00 PM					Candlelight Aerial Yoga & Vision Board Event 1/2/26 <i>*See separate flyer</i> <i>*Registration required</i>	
5:45 PM						
6:00 PM	Strength for All (60) Alison - Lg. Studio	Total Body Mobility (60) Duncan - SMB				
6:15 PM		Tabata w/ Strength & Core (45) Kelly - Lg. Studio				
6:30 PM	Adult Dance (60) Alex - SMB Studio 29th only					
7:30 PM	Intermediate Dance (60) Alex - SMB Studio 29th only					

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!

