

OAK PARK YMCA FITNESS SCHEDULE

STUDIO CLASSES FOR MARCH 1-31

Date revised 2/24/2026

| 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 | | | | Saturday Rotations (55) Lg. Studio |
| 9:15 AM | | | | | Step Strength (45) Molly - Small Studio | <ul style="list-style-type: none"> • 3/7 Tabata w/ Strength & Core w/ Kelly • 3/14 Strength for All w/ Alison • 3/21 Cardio Peak w/ Step w/ Donna • 3/28 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 *NO class 3/5 | | |
| 10:15 AM | | | | | Yoga (30) Erin – Small Studio | |
| 10:45 AM | | Silver Sneakers (60) Jen - Lg. Studio | | Silver Sneakers (60) Jen - Lg. Studio | | SUNDAY: 11:00am (60) Barre w/ Molls – SMB |
| 11:00 AM | Chair Yoga (45) Rebecca - SMB | | Chair Yoga (45) Rebecca - SMB | | | |
| 11:15 AM | Bike & Barre (75) Molly - Cycle Studio | | | | | |
| 12:00 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 | | 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 | | |
| 7:30 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!

