

OAK PARK YMCA FITNESS SCHEDULE

STUDIO CLASSES FOR MAY 1-31

Date revised 4/28/2026

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"> • 5/2 Strength & Core Interval Training w/ Kelly • 5/9 Strength for All w/ Alison • 5/16 Pilates w/ Jen • 5/23 Strength for All w/ Alison • 5/30 Cardio Peak w/ Step w/ Donna 	
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 (60) Jen - Lg. Studio			
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					
5:15 PM		Yoga (60) India – SMB Studio NEW!!					
5:30 PM						SUNDAY: 11:00am (60) Barre w/ 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		Strength & Core Interval Training (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!
 Limited classes Monday May 25th for Memorial Day – See online calendar!

