

# OAK PARK YMCA FITNESS SCHEDULE

STUDIO CLASSES FOR JULY 1-31

Date revised 6/29/2026

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>5:45 AM</b>	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		
<b>8:30 AM</b>			Cardio Peak w/ Step (45) Donna - Lg. Studio			
<b>8:45 AM</b>		Stronger Longer (60) Carolyn - Lg. Studio		Stronger Longer (60) Carolyn - Lg. Studio		
<b>9:00 AM</b>	Bike & Barre (75) Molly - Cycle Studio <b>NEW Time!!</b> <b>*No class 7/6</b>	Cycling (45) Tara - Cycling Studio		Cycling (45) Jen - Cycling Studio		
<b>9:00 AM</b>		Total Body Strength (55) Kristin - Small Studio				Saturday Rotations (55) Lg. Studio • <b>7/4 Strength for All w/ Alison</b> • <b>7/11 Mat Pilates w/ Jen</b> • <b>7/18 Strength for All w/ Alison</b> • <b>7/25 TBD</b>
<b>9:15 AM</b>				Step Strength (45) Molly - Small Studio		
<b>9:30 AM</b>	Yoga Blend (60) Erin - SMB		Yogalates (60) Lisa - SMB			
<b>9:45 AM</b>	EnhanceFitness (60) Rebecca - Lg. Studio		EnhanceFitness (60) Rebecca - Lg. Studio		EnhanceFitness (60) Rebecca - Lg. Studio	
<b>10:00 AM</b>		Butts & Guts (30) Kristin – Sm. Studio		Express Pilates (30) Jen – Sm. Studio		
				Zumba (60) Carol – SMB		
<b>10:15 AM</b>					Yoga (30) Erin – Small Studio	
<b>10:45 AM</b>		Silver Sneakers (60) Jen - Lg. Studio		Silver Sneakers (60) Jen - Lg. Studio <b>(EnhanceFitness Format on 7/2)</b>		
<b>11:00 AM</b>	Chair Yoga (45) Rebecca - SMB		Chair Yoga (45) Rebecca - SMB			
<b>12:00 PM</b>		Yoga (60) Tiffany - SMB Studio				
<b>5:15 PM</b>						<b>SUNDAY:</b>  11:00am (60) Barre w/ Molls – SMB <b>*No class 7/12</b>
<b>5:30 PM</b>						
<b>5:45 PM</b>						
<b>6:00 PM</b>	Strength for All (60) Alison - Lg. Studio		Cardio Drumming (60) Alison - Lg. Studio	Cardio Strength (60) Alison - Lg. Studio		
<b>6:15 PM</b>		Strength & Core Interval Training (45) Kelly - Lg. Studio		Yogalates (45) India – SMB <b>NEW!!</b> <b>*No class 7/30</b>		
<b>6:15 PM</b>		Mat Pilates (45) Jen – SMB				
<b>6:30 PM</b>	Adult Dance (60) Alex - SMB Studio					
<b>7:30 PM</b>	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!

