

OAK PARK YMCA FITNESS SCHEDULE

STUDIO CLASSES FOR AUGUST 1-31

Date revised 7/23/2026

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	Bike & Barre (75) Molly - Cycle Studio NEW Time!!	Cycling (45) Tara - Cycling Studio		Cycling (45) Jen - Cycling Studio		Saturday Rotations (55) Lg. Studio • 8/1 Strength for All w/ Alison • 8/8 Mat Pilates w/ Jen • 8/15 Strength for All w/ Alison • 8/22 TBD • 8/29 Strength for All w/ Alison
9:00 AM		Total Body Strength (55) Kristin - Small Studio				
9:15 AM					Step Strength (45) Molly - Small Studio	
9:30 AM	Yoga Blend (60) Erin - SMB		Yogalates (60) Lisa - SMB			Tai Chi Class (60) Dan – SMB *Begins 8/29
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		Extended Tai Chi Practice (30) Dan – SMB *Begins 8/29
				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			
12:00 PM		Yoga with Mary will resume in September				
5:15 PM						
5:30 PM						
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		Mat Pilates (45) Jen – SMB				
6:30 PM	Adult Dance (60) Alex - SMB 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!

