



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

OAK PARK FITNESS SCHEDULE

STUDIO CLASSES FOR AUGUST 1-31

Date revised 7/15/24

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:45 AM	Cardio Strength (60) Alison - Lg. Studio	Spin Fusion (45) Molly - Cycling Studio	Strength for All (60) Alison - Lg. Studio	Crossbody (60) Molly- Small Studio *No class 8/1*	Strength for All (60) Alison - Lg. Studio	
		Power Core Interval (60) Peggy - Lg. Studio		Power Core Interval (60) Peggy - Lg. Studio		
8:30 AM			Cardio Peak (45) Donna - Lg. Studio			
8:45 AM		Stronger Longer (60) Carolyn - Lg. Studio		Stronger Longer (60) Carolyn - Lg. Studio		
9:00 AM		Cyling (45) Deanna - Cycling Studio		Cyling (45) Deanna - Cycling Studio		Tai Chi (60) Dan - SMB Studio
9:05 AM		Kettlebell (55) Kristin - Small Studio			Step Strength (45) Molly - Small Studio	Saturday Rotations (60) Lg. Studio
9:30 AM	Yoga Blend (60) Erin - SMB		Yogalates (60) Lisa - SMB Studio			Rotations : 8/3 Yoga 8/10 Strength for All 8/17 Kettlebell
9:45 AM	EnhanceFitness (60) Rebecca - Lg. Studio		EnhanceFitness (60) Rebecca - Lg. Studio			8/24 Tabata w/ Strength & Core 8/31 Strength for All
			Aging Athletes (60) Thom - Weight Room			
10:00 AM				Zumba (60) Carol - SMB	EnhanceFitness (60) Rebecca - Lg. Studio	
10:30 AM		Silver Sneakers (60) Deanna - Lg. Studio		Silver Sneakers (60) Thom - Lg. Studio		
11:00 AM	Chair Yoga (45) Rebecca -SMB		Chair Yoga (45) Rebecca - SMB			
11:15am	Express Spin (30) - Cycle Studio NEW!!					
12:00pm	Monday Mashup (60) Molly - Lg. Studio					
1:00 PM		Yoga (60) Kristin - SMB Studio				
5:45 PM				Spin Fusion (45) Molly/Kristin - Cycling Studio NEW!!!		
6:00 PM	Strength for All (60) Alison - Lg. Studio	Total Body Mobility (60) Duncan - SMB	Cardio Drumming (60) Alison - Lg. Studio	Cardio Strength (60) Alison - Lg. Studio		
	Adult Dance (60) Alex/Thom - SMB Studio					
6:15 PM		Tabata w/ Strength & Core (45) Kelly - Lg. Studio				
7:00 PM	Intermediate Dance (60) Alex/Thom - SMB Studio					

August 1-31

ALL CLASSES are free for members

(xx) Duration of class times in minutes

Detailed class descriptions available at the Welcome Center.

