

# OAK PARK FITNESS SCHEDULE

STUDIO CLASSES FOR SEPTEMBER 1-30

Date revised 8/29/24

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	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		Cycling (45) Deanna - Cycling Studio		Cycling (45) Deanna - Cycling Studio		Tai Chi (60) Dan - SMB Studio
9:05 AM		Kettlebell (55) Kristin - Small Studio				Saturday Rotations (55) Lg. Studio
9:15 AM					Step Strength (45) Molly - Small Studio *New Time!!	<ul style="list-style-type: none"> <li>• 9/7 Tabata</li> <li>• 9/14 Strength for All</li> <li>• 9/21 Strength for All</li> <li>• 9/28 Spin Fusion</li> </ul>
9:30 AM	Yoga Blend (60) Erin - SMB		Yogalates (60) Lisa - SMB Studio			
9:45 AM	EnhanceFitness (60) Rebecca - Lg. Studio		EnhanceFitness (60) Rebecca - Lg. Studio			
10:00 AM				Zumba (60) Carol - SMB	EnhanceFitness (60) Rebecca - Lg. Studio	
10:15 AM	Sprint 8 (8 week course) Molly/Thom (20) *Registration & Fee* NEW!!! Begins 9/16		Sprint 8 (8 week course) Molly/Thom (20) *Registration & Fee* NEW!!! Begins 9/16		Sprint 8 (8 week course) Molly/Thom (20) *Registration & Fee* NEW!!! Begins 9/26	
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) Molly - Cycle Studio					
12:00pm	Monday Mashup (60) Molly - Lg. Studio					
1:00 PM		Yoga (60) Kristin - SMB Studio				
5:45 PM				Spin Fusion (45) Molly/Kristin - Cycle 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					

ALL CLASSES are free for members. Detailed class descriptions are available at the Welcome Center.  
(xx) Duration of class times in minutes