

OAK PARK YMCA FITNESS SCHEDULE

STUDIO CLASSES FOR DECEMBER 1-22

Date revised 11/25/24

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	
		Full Body Suspension Training (60) Peggy - Sm. 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 • 12/7 Strength For All • 12/14 Tabata w/ Strength & Core • 12/21 Strength For All
9:15 AM				Step Strength (45) Molly - Small Studio		
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					Yoga (30) Erin - Small Studio NEW!!!!	
10:30 AM		Silver Sneakers (60) Kristin/Deanna - Lg. Studio		Silver Sneakers (60) Deanna - 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) Becky - SMB Studio				
5:45 PM				Spin Fusion (45) Molly/Kristin - Cycle Studio		
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		
6:15 PM		Tabata w/Strength & Core (45) Kelly - Lg. Studio				
6:30 PM	Adult Dance (60) Alex - SMB Studio					
7:00 PM				Cycling (45) 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

Special Holiday Schedule 12/23-1/5