

Oak Park Holiday Schedule (12/23-1/5):

Monday 12/23

5:45am Cardio-Strength w/ Alison
9:30am Yoga w/ Erin
9:45am EnhanceFitness w/
Jeri/Rebecca
11:15am Express Spin w/ Molly
12pm Monday Mashup w/ Molly
6:00pm Strength for All w/ Alison
6:30pm Adult Dance w/ Alex



Thursday 12/26

10am Zumba w/ Carol

Friday 12/27

5:45am Strength for All w/ Alison
9:15am Step Strength w/ Molly
10:15am Yoga w/ Erin

Monday 12/30

5:45am Cardio-Strength w/ Alison
9:30am Yoga w/ Erin
11:15am Express Spin w/ Molly
12pm Monday Mashup w/ Molly
6:00pm Strength for All w/ Alison
6:30pm Adult Dance w/ Alex

Tuesday 12/31

7am Spin Fusion w/ Molly

Wednesday 1/1

7:15am Strength for All w/ Alison
10am Bootcamp w/ Molly

Thursday 1/2

5:45am Crossbody w/ Molly
10am Zumba w/ Carol
6:00pm Cardio-Strength w/ Alison

Friday 1/3

5:45am Strength for All w/ Alison
9:15am Step Strength w/ Molly
10:15am Yoga w/ Erin

Saturday 1/4

9am Tai Chi w/ Dan