



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

OAK PARK FITNESS SCHEDULE - WINTER 1

SESSION 01/08/2018 - 03/04/2018

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45am	**Strength Train Together (60) Alison - Sm. Studio	**Cardio Strength (60) Dana - Lg. Studio	Crossbody (60) Molly - Sm. Studio	**Cardio Strength (60) Dana - Lg. Studio	**Strength Train Together (60) Molly - Sm. Studio		
5:45am			**Cardio Blast (60) Alison - Lg. Studio	Kettlecore (60) Alison - Sm. Studio	Yoga (60) Amy - SMB		
7:00am				Barre (45) Molly - SMB			
9:00am	**Cardio Strength (60) Lisa - Lg. Studio	<u>Group Cycle (45) Alan - Cycle</u>	**Cardio Strength (60) Lisa - Lg. Studio	<u>Group Cycle (45) Alan - Cycle</u>	**Strength Train Together (60) Molly - Sm. Studio		
9:00am	Yoga (60) Maja - SMB		<u>Yogalates (45) Lisa K Sparks - SMB</u>				
9:30am		**Strength Train Together (60) Jen - Sm. Studio		**Strength Train Together (60) Jen - Sm. Studio		**Strength Train Together (60) Rotating - Sm. Studio	
9:30am						Tai-Chi (45) Dan - SMB	
10:00am			Zumba (60) Alyjah - SMB		Yoga (60) Janet - SMB		
12:00pm	**Strength Train Together (60) Molly - Sm. Studio		**Strength Train Together (60) Molly - Sm. Studio		**Strength Train Together (60) Ted - Sm. Studio		
12:15pm		Kettlebell (45) Aurelia - Sm. Studio		Kickboxing/Suspension (45) Aurelia - Lg. Studio			
4:30pm				Kickboxing (45) Aurelia - Lg. Studio			
5:30pm	Turning Point Yoga (60) Amy - SMB	Turning Point Fitness (60) Brenda Lg. Studio	**Cardio Strength (60) Jordan - Lg. Studio	Turning Point Fitness (60) Kathy/Kate - Lg. Studio			
5:30pm				Yoga (60) Hyonju - SMB			
6:00pm		Barre (45) Deanna - SMB	Zumba (60) Alyjah/Molly - SMB	<u>Group Cycle (45) Deanna - Cycle</u>			
6:15pm	**Strength Train Together (60) Alison - Sm. Studio	**Strength Train Together (60) Jen - Sm. Studio		**Strength Train Together (60) Jen/Alison - Sm. Studio			
6:15pm		<u>Group Cycle (45) Jean - Cycle</u>	<u>Group Cycle (45) Deanna - Cycle</u>				
6:30pm	<u>Group Cycle (45) Emily - Cycle</u>		Nutrition Class (60) Jordan - Multi.	<u>Yogalates (60) Lisa K Sparks - SMB</u>			
7:00pm	Yoga Flow (60) Amy - SMB	Adult Waltz (60) John - SMB					
7:30pm	Martial Arts (120) Brandon - Lg. Studio						

**Indicates free classes for members
 Indicates bundle classes
 (xx) Duration of class times in minutes
 Shaded area indicates when tot watch is available



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OAK PARK FITNESS DESCRIPTIONS – WINTER 1

Adult Dance: The Waltz is a classic ballroom dance that originated in the late 1700s in Europe, and is one of the more popular dances still today. It is a smooth dance that has couples rotating and flowing around the floor with a gentle rise and fall movement that matches the 3/4 time music. When mastered, it has a graceful feeling that is very enjoyable to do or to watch. The class consists of group instruction, individual attention and practice time to appropriate music. *Member: \$28, Guest: \$80*

Barre: Barre is the fastest, most effective way to change your body. A total body workout, Barre lifts your seat, tones your thighs abs & arms and burns fat. *Member: \$28, Guest: \$80*

Cardio Blast: Sweat your way through an aerobic workout that gets the heart pumping and body moving, to increase your fitness with an ever-changing routine. *Member: FREE, Guest: \$80*

Cardio Strength: Get a total body workout that focuses on strengthening the body with intervals of cardio and strength using hand weights, body bars, resistance bands, steps and resistance balls. *Member: FREE, Guest: \$80*

Crossbody: Start your day off with a kick-butt workout! Class includes TRX Suspension, Kettlebells, Steps, Kickboxing, Strength training and more! *Member: \$28, Guest: \$80*

Group Cycle: Using a studio cycle with a weighted flywheel, this heart pounding workout uses pacing and sets. Please arrive at least 5 minutes before class to set up your bike! *Members: \$28, Guests: \$80*

Kettlebell: Functional, compound exercises work multiple muscle groups simultaneously, developing strength and muscular endurance. *Member: \$28, Guest: \$80*

Kettle-Core: Rise and shine with a killer workout! Kettlebells provide functional, compound exercises working multiple muscle groups simultaneously. With a dash of core, this class will guide you through an intense workout. *Member: \$28, Guest: \$80*

Kickboxing: Through exercises and drills we will explore fundamentals common to kickboxing and many martial arts. We will work on improving mobility, speed, coordination, strength and stamina. Hand wraps are recommended. *Member: \$28, Guest: \$80*

Martial Arts: A 2-hour class that uses various martial art forms including Muay Thai Kickboxing, Tai Chi and more! *Member \$85, Guest: \$115*

Strength Train Together: Strength Train Together will blast all of your muscles with a high-rep weight training workout. Using an adjustable barbell, weight plates and your body weight, this workout combines squats, lunges, presses and curls, with functional integrated exercises. Dynamic music and a motivating group atmosphere will get your heart rate up, make you sweat and push you to your personal best. *Members Only Class: FREE*

Tai-Chi: Derived from a style of shadowboxing, tai chi is a gentle exercise program that instills many health benefits such as lower blood pressure, higher stability and flexibility, improved circulation and reduced pain. *Member: FREE, Guest: \$80*

Turning Point Fitness: Designed specifically for breast cancer survivors, participants are evaluated individually creating a program just for them. *Participation is free for all breast cancer survivors.*

Yoga: Yoga develops strength, flexibility and relaxation by adapting the body to postures which fit individual needs. *Member: \$28, Guest: \$80*

Yogalates: In this class, we combine Pilates and yoga for a total body workout focused on toning the glutes, thighs and stomach. *Member: \$28, Guest: \$80*

Zumba: Experience an absolute blast of exhilarating calorie burning, muscle pumping and energizing movements meant to engage the entire body. *Members: \$28, Guests: \$80*