



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# OAK PARK FITNESS SCHEDULE - WINTER 2

SESSION 03/05/2018 - 05/06/2018

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45am	**Strength Train Together (60) Alison - Lg. Studio	**Cardio Strength (60) Dana - Lg. Studio	Crossbody (60) Molly - Sm. Studio	**Cardio Strength (60) Dana - Lg. Studio	**Strength Train Together (60) Molly - Lg. Studio		
5:45am		<b>NEW!! Spin Fusion (45) Molly - Cycle</b>	**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	Group Cycle (45) Alan - Cycle	**Cardio Strength (60) Lisa - Lg. Studio	Group Cycle (45) Alan - Cycle	**Strength Train Together (60) Molly - Lg. Studio		
9:00am	Yoga (60) Maja - SMB		Barre/Yoga (60) Deana/Janet - SMB				
9:30am		**Strength Train Together (60) Jen - Sm. Studio		**Strength Train Together (60) Jen - Sm. Studio		**Strength Train Together (60) Rotating - Lg. 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) 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		<b>NEW!! Intro to Cycle (30) Jean - Cycle</b>		Yoga (60) Hyonju - SMB			
6:00pm		Barre (45) Deanna - SMB	Zumba (60) Alyjah/Molly - SMB				
6:15pm		Group Cycle (45) Jean - Cycle	Group Cycle (45) Deanna - Cycle	<b>NEW!! Bike &amp; Barre (60) Deanna - Cycle</b>			
6:30pm	**Strength Train Together (60) Alison - Lg. Studio	**Strength Train Together (60) Jen - Lg. Studio	Nutrition Class (60) Jordan - Multi.	**Strength Train Together (60) Jen/Alison - Lg. Studio			
6:30pm	Group Cycle (45) Emily - Cycle	**Strength Train Together (60) Alison - Lg. Studio					
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

**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*

**Bike & Barre:** Take the above, and combine sweaty cycle intervals to burn double the calories while toning your body! *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! *Member: \$28, Guests: \$80*

**Intro to Cycle:** Learn how to set up your bike, proper body positioning and cycling technique in this 30 minute beginner cycling class. Instructors will get you started on your journey and talk you through an upbeat and up tempo class. *Member: \$15, Guest: \$60*

**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*

**Spin Fusion:** Combine the cardiovascular benefits of cycling and the strengthening benefits of weights and plyometrics for an amazing full body workout! *Member: \$28, Guest: \$80*

**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. *Member: \$28, Guests: \$80*