

2023

Fitness Schedule

Fitness CLASS TIMES:

	MORNING	EVENING
Monday	NIA 9:00A-10:00A	Power Vinyasa 7:00P-8:00P
Tuesday	Yoga Barre 9:00A-10:00A	Werq 6:45P-7:30P
Wednesday		Yoga Sculpt 6:30P-7:30P
Thursday	NIA 9:00A-10:00A	Fit Fun for Everyone 6:30P-7:30P
Friday	Yoga Barre 9:00A-10:00A	
Saturday	Cardio HIIT + Core 9:00A-10:00A Werq 10:30A-11:15A	
Sunday	Power Up Circuit Workout 9:00A-10:00A Fit Fun for Everyone 10:15A-11:15A	

*Schedule subject to change



PARK DISTRICT
of OAK PARK

CRC

COMMUNITY RECREATION CENTER