

2023

Fitness Schedule

Fitness CLASS TIMES:

	MORNING	EVENING
Monday	NIA 9:00A-10:00A	Zumba 5:45P-6:45P Power Vinyasa 7:00P-8:00P
Tuesday	Yoga Barre 9:00A-10:00A	Werq 6:15P-7:00P <i>in West Court Gym</i>
Wednesday	Beginning and Continuing Yoga 9:00A-10:00A	Yoga Sculpt 6:30P-7:30P
Thursday	NIA 9:00A-10:00A	Sunset Slow Flow Yoga 6:30P-7:30P
Friday	Yoga Barre 9:00A-10:00A	Power Vinyasa 5:30P-6:30P
Saturday	HIIT + Core 9:00A-10:00A Werq 10:30A-11:15A <i>in West Court Gym</i>	
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