

# 2024 Fitness Schedule

**Fitness** CLASS TIMES:

	MORNING	EVENING
<b>MONDAY</b>	<b>NIA</b> 9:00-10:00A	<b>Zumba</b> 5:45-6:45P <b>Power Vinyasa</b> 7:00-8:00P
<b>TUESDAY</b>	<b>Yoga Barre</b> 9:00-10:00A	<b>Low Impact Full-Body Workout</b> 6:00-7:00P <b>Werq</b> 6:15-7:00P <i>in West Court Gym</i>
<b>WEDNESDAY</b>	<b>Beginning and Continuing Yoga</b> 9:00-10:00A	<b>Yoga Sculpt</b> 6:30-7:30P
<b>THURSDAY</b>		<b>Sunset Slow Flow Yoga</b> 6:30-7:30P
<b>FRIDAY</b>	<b>Low Impact Full-Body Workout</b> 7:30-8:15A <b>Yoga Barre</b> 9:00-10:00A	<b>Power Vinyasa</b> 5:30-6:30P
<b>SATURDAY</b>		<b>Werq</b> 10:30-11:15A <i>in West Court Gym</i>
<b>SUNDAY</b>	<b>Yoga Barre</b> 10:00-11:00A <b>Low Impact Full-Body Workout</b> 11:30A-12:30P	

\*Schedule subject to change



PARK DISTRICT  
of OAK PARK

# CRC

COMMUNITY RECREATION CENTER