

Center Fitness – Oak Park

Group Fitness Classes

Fitness classes are free with Executive Fitness memberships.

General members and non-members may purchase class cards.

- Basic Training (women only): Wednesday 9:45 a.m.
- Cardio Blast (women only): Thursday 9 a.m.
- Early Circuit: Mon/Wed/Fri 6:30 a.m.
- Fitness for Seniors: Mon-Fri 11 a.m.
- Total Fit (women only): Monday 8:45-9:45 a.m.
- Gentle Yoga (women only): Wednesday 10:30 a.m.
- Healthy Back: Mon/Wed/Fri noon
- Kickmix: Mon/Wed 6:45 p.m.
- Low-Impact Fit Mix (women only): Monday 9:15 a.m., Tuesday 10 a.m.
- Pilates Mat Science: Thursday 10 a.m. (women only)
- Spin: Sunday 10:30 a.m., Tuesday 6:30 p.m., Wednesday 9:45 a.m. (women only), Alternate Fridays, 6 a.m., Saturday 5:15 p.m.
- Step Challenge (women only): Sunday 9 a.m., Tuesday 9 a.m.
- Step Intervals (women only): Friday 9:30 a.m.
- Stretch and Relax: Tuesday 8 a.m.
- T'ai Chi: Sun/Thurs noon
- Yoga: Monday 9:15 a.m., 6:30 p.m., Thursday 6:30 p.m.
- Zumba: Thursday 9 a.m., (women only)
- Arthritis Aqua Exercise: Mon/Wed/Fri 11:40 a.m.
- Hydrotone: Sunday 11 a.m., Mon-Fri 8:45 a.m., Mon-Thurs, 6:30 p.m., Tues/Wed 10 a.m. (women only)
- Earlybird Hydrotone: Mon-Fri 6:30 a.m.
- Hi/Lo H2O (women only): Sunday 9:30 a.m., Monday and Thursday, 10 a.m.
- MS Aqua Exercise: Tuesday 2:30 p.m., Thursday noon