Group Fitness Class Schedule — Thanksgiving Week, November 23-29, 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00-8:45am Cardio Strength Interval Studio A | Mari	7:00-7:45am Sunrise Stretch Studio A | Amy	6:00-6:45am Sunrise Boot Camp Studio A | Lea	**NOVEMBER 26 CLOSED**	8:00-8:45am Cardio Strength Interval Studio A | Lisa	8:00-8:45am BOOM MUSCLE Studio A | Dorian SilverSneakers
8:00-8:45am Steady & Strong Studio B | Amy	8:00-8:45am Yoga Studio B | Mari	8:00-8:45am Cardio Strength Interval Studio A | Lisa		9:00-9:45am Sit & Stay Fit Studio B | Dorian	8:00-8:45am Yoga Studio B | Mari
9:00-9:45am Total Body Strength Studio A | Mari	8:00-8:45am Strength Balance & Stretch Studio A | Amy	8:00-8:45am Steady & Strong Studio B | Dorian		10:00-10:45am Barre & Stretch Studio A | Dany	10:00-10:45am Total Body Strength Studio A | Mari
9:00-9:45am Sit & Stay Fit Studio B | Shelly	9:00-9:45am Muscles & Moves Studio A | Trupti	9:00-9:45am Total Body Strength Studio A | Mari		11:00-11:45am Pilates Studio A | Dany	
10:00-10:45am Swell **In-Person Only** Studio A | Meg	9:00-9:45am Chair Yoga Studio B | Mari	9:00-9:45am Flex & Stretch Studio B | Trupti			
10:00-10:45am Cardio Tone Studio B | Shelly	10:00-10:45am Tabata Strength Studio A | Mari	10:00-10:45am Groove and Move Studio A | Trupti			
11:00-11:45am Lengthen & Define **In-Person Only** Studio A | Meg	10:00-10:45am Pilates Studio B | Dany	10:00-10:45am Core Conditioning Studio B | Shelly			**SUNDAY** 10:00-10:45am Dumbbells & Dance Studio A | Lea
5:00-5:45pm Tabata Fusion Studio A | Mari	11:00-11:45am Barre & Stretch Studio A | Dany	11:00-11:45am Just DANCE Studio A | Dany			
6:00-6:45pm Core Conditioning Studio A | Mari	6:00-6:45pm Muscle & Hustle Studio A | Lisa	11:00-11:45am Sit & Stay Fit Studio B | Trupti			
7:00-7:45pm Yoga Studio A | Mari		5:00-5:45pm Barre Strength Studio A | Mari			
		6:00-6:45pm Core Conditioning Studio A | Mari			
		7:00-7:45pm Yoga Studio A | Mari			



This class has a maximum capacity of 32 participants.

Welcome! The classes on this schedule are included in the Central Park Campus and Family Recreation Center memberships. Each class is 45 minutes long with a Zoom option.
Class and instructor schedule are subject to change.
Not a member? Purchase a Daily Admission Pass at the Family Recreation Center Front Desk.

Fees
Non-Member Daily Fee: $16
Non-Member In-District Daily Fee: $10

Be Kind- Be On Time
For the safety and courtesy of all participants, please arrive to class within 5 minutes of the start of the class.

Categories
- Barre/Core
- Cardio
- Strength
- Combination
- Stretch/Yoga

Group Fitness Class Descriptions

Barre/Core

Barre & Stretch: Each class will focus on different muscle groups for the high intensity movement that tones, improves flexibility, strength and posture.

Core Conditioning: A challenging full body workout that fuses various strength, cardio, resistance and core work, increase the body's stability, mobility and endurance.

Barre Strength: Strengthen, tone, and improve your stability with a dynamic blend of barre-inspired movements and strength training. Using controlled exercises, bodyweight movements, and light resistance, this class targets the core, legs, glutes, and upper body while improving balance and posture.

Cardio

Bollywood Beats: Bollywood Beats is designed to provide a balanced mix of cardio exercise coupled with a perfect blend of Bollywood rhythm and beats. Easy to follow steps.

Dance Fit: Get your groove on dancing to a wide variety of music and styles including Latin, decades and more.

Groove & Move: This choreographed dance class is designed to give you a cardiovascular workout with little stress on your joints. Class will end with balance work and a feel-good stretch.

Just D.A.N.C.E.: Open yourself to the beauty of dance and fun cardio workout. Follow simple choreography that combines fast and slow rhythms to tone and sculpt your body while burning fat.

Swell: This class is designed for the active mature population at all levels. Whether you are new to fitness or have been active for years, Swell will have you moving for a functional lifestyle. Balance, cardio fitness and functional strength are a few components of this active and ageless class.

Strength

SilverSneakers BOOM Muscle: This class incorporates athletic exercises that boost your overall fitness. Move through muscle-conditioning blocks and activity-specific drills to improve strength and functional skill.

Total Body Strength: This triple B class will use a variety of equipment such as resistance bands, stability balls, body bars, medicine balls and balance bars. This all around, full body workout is for everyone with modifications for all abilities.

Cardio Strength Interval: This class will focus on strength, cardio bursts and balance training, being able to get up and down from the floor is recommended.

Pilates: Pilates is a low impact mind-body mat workout. It's strength and flexibility exercise that focuses on core engagement, breath control, stability, and improved posture.

Combination

Sunrise Boot Camp: Start your day strong with an energizing full-body workout! This class combines cardio, strength training, and functional exercises to build endurance, improve strength, and boost overall fitness.

Cardio Tone: This class will feature a low impact cardio workout followed by strength training to tone your muscles.

Flex & Stretch: This class is designed to optimize daily movements, increase flexibility and work on balance and stabilization to improve overall body function. Light weights or other resistance equipment can be used.

Muscle & Hustle: This class will combine easy to follow cardio dance moves for a total body burn and the strength exercise to build strength and develop coordination.

Sit & Stay Fit: While seated in a chair-this class will have you moving without the impact of standing on your feet. Light cardio and strength are incorporated with a comfortable stretch at the end of class. *This class has a maximum capacity of 32 participants.*

Steady & Strong: A combination of strength exercises with weights, tubes or bands with various stretching exercises throughout the class.

Tabata/Strength: Intervals of 25-30 seconds of maximum intensity exercise followed by 10-15 seconds of rest, repeated throughout the duration of class. Exercises include cardio, strength, resistance and core work.

Strength Balance & Stretch: Build strength, improve balance, and increase flexibility as you move through exercises designed to strengthen your muscles, challenge your stability, and finish with stretches that promote mobility and relaxation.

Muscles & Moves: Get ready to have fun as you combine strength training with dynamic, functional movements to help build muscle, improve coordination, and boost overall fitness.

Lengthen & Define: Lengthen, strengthen, and tone with a balanced blend of controlled movements, flexibility exercises, and targeted strength work. This low-impact class focuses on improving posture, core strength, muscle definition, and overall mobility.

Tabata Fusion: Short bursts of intense movement are paired with brief recovery periods to challenge your endurance, build strength, and keep your workout engaging.

Dumbbells & Dance: This class combines upbeat dance-inspired cardio with strength training using dumbbells for a fun, full-body workout. Build strength, improve endurance, and boost your energy while moving to motivating music.

Stretch & Yoga

Chair Yoga: A gentle form of yoga-practiced sitting on a chair. Ideal for those with limited mobility, health conditions or injuries. *This class has a maximum capacity of 32 participants.*

Mindful Movement: This class will incorporate gentle stretches, yoga poses, core work and more for a relaxing recovery workout.

Sunrise Stretch: Start your day off right with Sunrise Athletic Stretch. In this class, you will stretch from multiple positions such as standing, seated or on the floor to maximize the lengthening and relaxation of your muscles.

Yoga: This gentle and energizing practice will help you connect your body and mind.

Gentle Flow & Chair Yoga: Move, stretch, and relax with a gentle blend of yoga poses, mindful movement, and chair-supported exercises. Designed to improve flexibility, balance, mobility, and body awareness, this class offers accessible options both on the chair and standing. *This class has a maximum capacity of 32 participants.*

Oak Brook Fit Central
At the Oak Brook Park District Family Recreation Center

Virtual ZOOM.US
Studio A: User: 6309904200 **Password:** obparks
Studio B: User: 6309904201 **Password:** obparks
** Aquatic Classes and outdoor yoga not available on zoom.*
**Please mute yourself upon entry.*

Interested in Group Fitness Schedule Updates? Scan the QR code to get the latest news, tips, and program information!

Did you know? We have Premium Fitness Classes! Scan the QR Code to view!