



# The Oaks Group Exercise Class Schedule

Schedule effective April 8, 2026

## MONDAY

Time	Class	Room	Instructor
7:30 am	Challenge Ride (CY)	MP Room	Kristin
8:30 am	H.I.I.T. Mix-Up (C/S)	Field House	Vikki
9:00 am	Active Mix Lite (C/S)	Cypress	Paulette
9:30 am	Pilates (M)	Field House	Vikki
10:15 am	Active Sit & Fit (SP\$)	Cypress	Paulette
5:30 pm	Lower Body Burnout (S)	Cypress	Paulette
5:30 pm	Tabata/Cardio/Strength (C/S)	MP Room	Laura
6:30 pm	Strong Nation w/Zumba® (SP\$)	Cypress	Lisa

## TUESDAY

Time	Class	Room	Instructor
5:30 am	Sunrise Cycle (CY)	MP Room	Bev
6:45 am	Ultimate Athletic Training (SP\$)	Field House	Laura
7:30 am	Extra Strength Upper Body (S)	Cypress	Vikki
8:30 am	Lower Body/Ab Blast (S)	Cypress	Vikki
9:00 am	Active Mix Lite (C/S)	Field House	Paulette
9:30 am	Gentle Yoga (SP\$)	Cypress	Olga
10:45am	Zumba® Gold (SP\$)	Cypress	Lisa
12:00pm	CIRCL Mobility™ (SP\$)	Cypress	Lisa
5:30 pm	Quick Burn (C/S)	Cypress	Paulette
6:30 pm	Dynamic Yoga (M)	Cypress	Melissa

## WEDNESDAY

Time	Class	Room	Instructor
6:45 am	K.B.S. Training (SP\$)	MP Room	Laura
7:45 am	Cardio Boxing Circuits (C/S)	MP Room	Laura
8:45 am	Be Strong (S)	Field House	Paulette
9:45 am	<b>NEW!</b> Active Aging Essentials (SP\$)	MP Room	Paulette
10:30am	Tai Chi Qigong (SP\$)	Cypress	William
12:30pm	<b>NEW!</b> Cardio Drumming (SP\$)	Cypress	Melissa
5:30 pm	Pilates (M)	Cypress	Vikki
5:45 pm	Cycle Sculpt Interval (CY)	MP Room	Laura
6:30 pm	Zumba® (SP\$)	Cypress	Lisa
7:30 pm	CIRCL Mobility™ (SP\$)	Cypress	Lisa

## THURSDAY

Time	Class	Room	Instructor
5:30 am	Sunrise Cycle (CY)	MP Room	Bev
6:45 am	Ultimate Athletic Training (SP\$)	Field House	Laura
8:00 am	Challenge Ride (CY)	MP Room	Kristin
8:00 am	Full Body Fit (C/S)	Cypress	Vikki
9:00 am	Crossflow Cardio Sculpt (C/S)	Cypress	Paulette
9:05 am	Lower Body / Ab Blast (S)	Field House	Vikki
10:00 am	Gentle Motion & Mobility (SP\$)	Walnut	Rose
10:15 am	Active Sit & Fit (SP\$)	Cypress	Paulette
5:00 pm	Barre Blend (M)	Cypress	Melissa
6:00 pm	Yoga Lite (M)	Cypress	Melissa

## FRIDAY

Time	Class	Room	Instructor
6:45 am	K.B.S. Training (SP\$)	MP Room	Laura
8:00 am	H.I.I.T. (C/S)	MP Room	Laura
8:30 am	Basic Step/Sculpt (C/S)	Cypress	Paulette
9:00 am	Be Strong (S)	Field House	Vikki
9:30 am	Balance Basics (SP\$)	Cypress	Paulette
10:00 am	Full Body Stretch (M)	Field House	Vikki
10:45 am	Zumba® Gold (SP\$)	Cypress	Lisa

## SATURDAY

Time	Class	Room	Instructor
8:00 am	<b>NEW!</b> Cross-Training Blast (C/S)	Cypress	Paulette
9:00 am	Basic Step/Sculpt (C/S)	Cypress	Paulette

## SUNDAY

Time	Class	Room	Instructor
7:05am	Tabata/Cardio/Strength (C/S)	MP Room	Laura
8:05am	Lower Body / Ab Blast (S)	MP Room	Laura
10:45am	Yoga Lite (M)	Cypress	Melissa

All regular group fitness classes are 50 minutes in length.  
 Specialty programs (SP\$) are different time lengths (30-60 minutes) depending on specific program.  
 (C/S) Cardio/Strength (CY) Cycle (M) Mind & Body (S) Strength (SP\$) Specialty class, fees apply  
 MP Room: Denotes Multi-Purpose Room located in Field House

### GROUP EXERCISE CLASS POLICIES & GUIDELINES

- All participants must swipe their Oaks Membership Card at the Customer Service Desk before going to class.
- We kindly ask that you arrive on time, as the warm-up is a crucial part of the session that prepares your body for safe and effective exercise. This consideration not only benefits your workout but also respects the instructor and the rest of the class. Please note that if you arrive more than 10 minutes late, we will be unable to accommodate you in the class. Thank you for your understanding!
- If max numbers are met at time of check-in, please be aware that you may not be able to participate. Classes are on a first come, first serve basis. Members/participants cannot save spots and/or equipment for other participants.
- Cycle classes have limited spots. It is recommended to arrive 10 min. prior to ensure a bike.
- Non-fitness center members may purchase a punch card or single class admission at the Customer Service Desk. Members of the fitness center receive unlimited participation in Group Exercise classes (excludes specialty classes).
- Specialty Classes—preregistration is required for specialty classes (fee based programs with limited sessions) denoted on this schedule with a (SP\$). Fees are subject to change.
- Members ages 14 & up can attend Group Exercise Classes; Fit Teens ages 13 can attend Group Exercise Classes but must be accompanied by a parent/guardian.
- Schedule and instructors are subject to change. If participation is consistently low, class is subject to changes/cancellation.
- After each class, participants will be expected to sanitize all equipment used in class.
- Members/participants cannot gather in class locations before or after a class unless they are participating in that class.
- Please note that participants are not permitted in classrooms without an instructor present. Doors may be locked once instructors have left.
- To maintain a focused and enjoyable atmosphere in our group exercise classes, we kindly ask that you minimize conversation.

MOKENA COMMUNITY PARK DISTRICT  
 The Oaks Recreation & Fitness Center  
 10847 W. La Porte Rd., Mokena  
 708-390-2343 www.mokenapark.com

The Oaks Recreation & Fitness Center Hours: Monday-Friday: 5am-9pm  
 Saturday: 7am-7pm & Sunday: 7am-5pm Seasonal and holiday hours may vary.

## CLASS DESCRIPTIONS:

- **ACTIVE MIX LITE (C/S)** Live your best ACTIVE life by improving your cardiovascular & muscular endurance, functional fitness, energy, balance and flexibility all in one packed fun & social class! This class will use a variety of group exercise equipment to build bone density/strength as well as cardio segments, balance & flexibility exercises. All fitness levels are welcome. (Max 30 Cypress Room)
- **BARRE BLEND (M)** Join Melissa for an energizing barre class suitable for all fitness levels! This low-impact workout combines ballet, Pilates, and Yoga to improve strength, flexibility and posture. Using the barre for support, you'll engage in flexibility in controlled movements targeting the core, legs and arms. Modifications are offered to ensure everyone feels comfortable and challenged. Come ready to sweat and leave feeling strong and empowered! All fitness levels are welcome. (Max 18 Cypress Room)
- **BASIC STEP & SCULPT (C/S)** Increase your energy and strength weekly with the popular step platform while mixing in creative strength intervals. Strength portions will give variety using different equipment. Step/Core Blast will have core exercise components mixed in the format. Options given for various fitness levels. (Max 30 Cypress Room)
- **BE STRONG/EXTRA STRENGTH UPPER BODY (S)** This class of full on strength exercises will blast and challenge all muscles leaving you feeling strong, sculpted and energized! Different equipment will be utilized as well as challenging body weight segments. All fitness levels are welcome. (Max 40 FH)
- **CARDIO BOXING CIRCUITS (C/S)** Take our boxing classes and kick, punch and sculpt your way to a stronger and fitter you! Cardio Boxing Circuits is a mixture of boxing drills with or w/out weights with cardio intervals interspersed. Options given for various fitness levels. (Max 18 MP Room)
- **CHALLENGE RIDE/SUNRISE CYCLE/SCULPT INTERVAL (CY)** All fitness levels are encouraged to participate in this low-impact setting, where you can enhance your cardiovascular endurance and achieve new heights in cycling performance. Please note that Sunrise Cycle meets outdoors weather permitting (class is a fusion/strength on Thursdays when not outside) and Cycle/Sculpt Interval incorporate segments on the cycle alongside strength-focused exercises for a well-rounded workout. All fitness levels are welcome. (Max 16)
- **CROSSFLOW CARDIO SCULPT (C/S)** This full-body class combines low-impact cardio, strength training and balance exercises using various equipment including body bars. Includes rhythmic movements for cardio fitness, resistance training and Pilates ball exercises to enhance balance and coordination. The class concludes with core strengthening and stretching to improve flexibility and relaxation. Suitable for all fitness levels, it promotes overall strength, coordination and well-being. (Max 30 Cypress Room)
- **CROSS-TRAINING BLAST (C/S)** A high-energy fitness class that blends cardio and strength training. With minimal rest intervals, it keeps your heart rate elevated for maximum results. This faster paced class offers a dynamic alternative to traditional workouts, making fitness both effective and engaging. All fitness levels welcome! (Max 25 Cypress Room)
- **DYNAMIC YOGA (M)** This flowing yoga class will strengthen and stretch your entire body by linking poses together with breath to focus the mind. Peaceful meditation will bring closure to a busy day. All fitness levels are welcome. (Max 25 Cypress)
- **FULL BODY FIT (C/S)** Full Body Fit is a mix of combo moves with multi-joint strength and cardio movements to enhance calorie burn while being lower intensity and impact. Options given for various fitness levels. (Max 30 Cypress Room)
- **FULL BODY STRETCH (M)** Full Body Stretch focuses on improving flexibility through gentle stretching fostering body awareness. Suitable for all fitness levels, the class helps alleviate tension, aids in recovery and promotes overall well-being. (Max 40 FH)
- **H.I.I.T. MIX-UP, TABATA/CARDIO/STRENGTH (C/S)** Jump start your metabolism by using short bursts of high intensity interval training (H.I.I.T.), a quick intense strength training session, finishing off with more H.I.I.T. training to crush those calories and maximize your workout. H.I.I.T Mix-Up brings an exciting blend weekly of HIIT exercise formats to challenge you. Options given for various fitness levels. (Max 40 FH, Max 18 MP Room)
- **LOWER BODY/AB BLAST/BURNOUT(S)** Have you been looking for a class that specifically targets the "problem areas" of the lower body? This class focuses on those areas we all want to get firmer – leaner thighs, a lifted butt and a stronger and tighter core are just some of the benefits! All fitness levels are welcome. (Max 40 FH / Max 25 Cypress Room)
- **PILATES (M)** This intense, non-impact workout focuses on core strength as well as spinal mobility and stability. Learn how to use your "powerhouse" to improve posture and create leaner muscles. All fitness levels are welcome. (Max 40 FH)
- **QUICK BURN (C/S)** This class is a faster paced interval class. It focuses on improving fitness and teaching participants the progression for their personal level. The class starts with a series of cardio and strength exercises to increase heart rate and build lean muscle mass. This class aims to push and challenge participants for better training results and higher calorie burn post workout. All fitness levels are welcome. (Max 25 Cypress Room)
- **YOGA LITE (M)** Join Melissa for Yoga Lite; a multi-level practice that begins with a slow flow yoga style and moves the body throughout the entire range of motion to improve mobility and stability. All fitness levels are welcome. (Max 25 Cypress Room)

## SPECIALTY CLASSES

Preregistration and additional fee required. Specialty classes have a limited number of sessions and are not ongoing classes. Fees subject to change.

**Oaks Fitness Center members receive 10% off all Zumba Sessions! You must register at The Oaks Front Desk to receive your discount.**

**ACTIVE SIT & FIT** Come join our "Active Sit & Fit" program once or two times per week while improving your balance, energy, strength and cardio stamina all the while having fun and learning how to improve the quality of your life. This new low intensity workout is all modified to a seated position with some standing exercises utilizing the chair as balance. A perfect class for older adults, those just starting a routine, individuals looking to improve balance as well as those recovering from specific injuries and need a low intensity workout. Ages 21 & Up. **Price per session 2xs a week: \$98 (Resident Rate), price per session 1x a week: \$60 (Resident Rate)**

**ACTIVE AGING ESSENTIALS** This new class aims to assist older adults in enhancing their stability, strength, and confidence in daily movements. It incorporates strength training, balance exercises, and gentle stretches to build muscle, improve posture, and enhance coordination. Key goals include fall prevention, core stability, and functional movements that benefit everyday activities. Age 21 & over. **Price per session: \$53 (Resident Rate)**

**BALANCE BASICS** This balance class is designed to enhance stability, coordination, and confidence in daily movements. The program features a blend of gentle exercises and stretches, specifically designed to strengthen muscles, improve posture and reduce the risk of falls. Participants will engage in a supportive environment, where they can safely build their physical abilities and enjoy greater mobility in their everyday lives. Join us to cultivate a stronger, more balanced you! Age 21 & over. **Price per session: \$53 (Resident Rate)**

**CARDIO DRUMMING** Turn up the energy in cardio drumming with upbeat music, movement, and rhythm in this high intensity, low impact class. Using exercises balls as drums to get your heart pumping and calories burning with this fun workout. Ages 21 and up. **Price per session: \$51 (Resident Rate)**

**CIRCL MOBILITY™** This 30-minute class focuses on flexibility, breathwork, and mobility exercises. Whether you're new to exercise or a fitness enthusiast this class will help you release stress, restore your range of motion, and renew your ability to move better, longer. Ages 16 & over. **Price per session: \$35 (Resident Rate)**

**DYNAMIC DUO GIRL POWER TRAINING** Strength and Conditioning class tailored specifically for Mom's and their daughters 11–16-year-olds. Train in an environment that's both fun and challenging for both beginners and beyond. This class will include a combination of weightlifting and body weight exercises to promote overall strength, balance and coordination, plus spurts of aerobic and anaerobic conditioning. Become strong and confident while having fun too! Girls are welcome to participate independently as well. Ages 11-16. **Price per session: \$66 (Resident Rate)**

**GENTLE YOGA** Gentle Yoga is an hour yoga class incorporating flexibility & basic yoga components to improve range of motion throughout the aging process. Learn how to decrease stress & tension as well as lengthening the body. This class utilizes various equipment including but not limited to bolsters, yoga straps, resistance bands and stability balls. A portion of the class will also focus on relaxation techniques. Ages 21 and up. **Price per session: \$68 (Resident Rate)**

**GENTLE MOTION & MOBILITY** Join us for a nurturing class designed for active older adults, blending gentle yoga with mobility exercises. This program enhances flexibility, balance, and strength while promoting relaxation and mindfulness. Participants will engage in soothing yoga poses alongside mobility exercises that improve joint function and range of motion. Each session fosters a connection with breath and movement, making it a perfect way to maintain fitness and enjoy a restorative experience in a supportive community. Ages 21 & Up. **Price per session: \$68 (Resident Rate)**

**K.B.S.TRAINING** K.B.S. stands for Kettle Bell, Boxing & Suspension, and is a group training program that focuses on improving overall body strength and conditioning without using traditional group fitness exercises. Class consists of training with Kettlebell apparatus, Boxing portions and work on the Suspension systems for total body weight exercises. Ages 18 & up. **Price per session: \$78 (Resident Rate)**

**STRONG NATION w/ZUMBA®** This combo class offers a dynamic and intense workout that combines the energetic moves of a Zumba® dance class with high-intensity interval training (HIIT) exercises from Strong Nation®. The class is suitable for individuals of all fitness levels as the moves and exercises can be customized. Whether you are seeking a fun way to exercise or desire a challenging and exhilarating workout, this class is perfect for you. Age 16 & Up. **Price per session: \$57 (Resident Rate)**

**TAI CHI QIGONG** Tired? Stressed? No Energy? Improve your health, balance and coordination by letting the slow, gentle movements of Tai Chi Qigong set the tone for your day. Quiet your mind and in just 8 weeks learn to relax anytime and in any place by learning the practice of Tai Chi/Qigong and improve your quality of life - for the rest of your life. Ages 18 & up. **Price per session: \$66 (Resident Rate)**

**ULTIMATE ATHLETIC TRAINING** Improve your fitness level while working on sports agility training, plyometrics, explosive power drills and basic interval training all in one packed total conditioning class! This class is suitable for individuals at an intermediate level of fitness with no current injuries or major health concerns. Ages 18 & up. **Price per session: \$118 (Resident Rate)**

**ZUMBA®** Join our dynamic Zumba® instructor Lisa to achieve long term benefits while having a blast and burning tons of calories! Zumba® combines Latin rhythms and easy to follow moves to create an awesome, exhilarating workout that will leave you breathless and wanting more. Ages 16 & up. **Price per session: \$57 (Resident Rate)**

**ZUMBA® GOLD** Perfect for anyone looking for a Zumba "light" class or beginners to Zumba, active older adults, (both men and women) who are looking for a modified Zumba® class, pregnant women or anyone who may have limited mobility. Zumba® Gold recreates the original moves you love at a lower-intensity! Focuses on balance, range of motion and coordination as well as cardiovascular & muscular conditioning. Ages 16 & Up. **Price per session: \$57 (Resident Rate)**