

GROUP EXERCISE SCHEDULE

Schedule effective September 29, 2026

MONDAY			
Time	Class	Room	Instructor
7:30 am	Challenge Ride (CY)	MP Room	Kristin
8:30 am	NEW! Strong Start Monday (S)	Field House	Vikki
9:00 am	Move & Thrive (C/S)	Cypress	Paulette
9:30 am	Pilates (M)	Field House	Vikki
10:15 am	Active Sit & fit (SP\$)	Cypress	Paulette
11:30 am	Smart Steps (SP\$)	Cypress	Paulette
5:30 pm	Lower Body Burnout (C/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)	Cypres s	Vikki
8:30 am	Lower Body/Ab Blast	Cypress	Vikki
9:00 am	Move & Thrive (C/S)	Field House	Paulette
9:30am	Gentle Yoga (SP\$)	Cypress	Olga
10:45am	Zumba Gold® (SP\$)	Cypress	Lisa
12:00 pm	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	Active Aging Essentials (SP\$)	MP Room	Paulette
10:30 am	Tai Chi Qigong (SP\$)	Cypress	William
12:30 pm	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

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	Cypress	Paulette
9:05 am	Lower Body Ab Blast (C/S)	Field House	Vikki
10:00 am	Gentle Yoga & Mobility (SP\$)	Walnut	Rose
10:15 am	Active Sit & Fit (SP\$)	Cypress	Paulette
11:30 am	Smart Steps (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	Cross-Training Blast (C/S)	Cypress	Paulette
9:00 am	Basic Step/Sculpt (C/S)	Cypress	Paulette

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

All regular group fitness classes are 50 minutes in length. MP Room: Denotes Multi-Purpose Room located in Field House
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.

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

CLASS DESCRIPTIONS:

BARRE BLEND (M) Join Melissa for an energizing, low-impact Barre Blend class combining ballet, Pilates, and yoga. Build strength, flexibility, and posture while targeting the core, legs, and arms. Modifications are offered for all fitness levels. (Max 18 Cypress)

BASIC STEP & SCULPT (C/S) Boost your energy and strength with this fun, dynamic step and sculpt workout. Combine step intervals with creative strength exercises using a variety of equipment. Modifications are offered for all fitness levels. (Max 30 Cypress)

STRONG START MONDAY/BE STRONG/EXTRA STRENGTH UPPER BODY (S)
A strength workout designed to challenge and strengthen every major muscle group. Using a variety of equipment and bodyweight exercises, you'll leave feeling strong and energized. All fitness levels are welcome. (Max 40 FH, Max 30 Cypress)

CARDIO BOXING CIRCUITS (C/S) Punch, kick, and sculpt your way to a stronger, fitter you! This energetic workout combines boxing drills, optional weights, and cardio intervals with modifications for all fitness levels. (Max 18 MP Room)

CHALLENGE RIDE/SUNRISE CYCLE/SCULPT INTERVAL (CY) 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. For all fitness levels. (Max 16)

CROSSFLOW CARDIO SCULPT (C/S) This full-body class combines low-impact cardio, strength training and balance exercises using various equipment. Includes rhythmic movements for cardio fitness, resistance training and Pilates ball exercises to enhance balance and coordination with core work to finish. Suitable for all fitness levels. (Max 30 Cypress)

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 traditional workouts, making fitness both effective and engaging. All fitness levels welcome! (Max 25 Cypress)

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 Improve strength, balance, energy, and cardiovascular endurance with this low-intensity workout featuring seated and standing exercises. Perfect for older adults, beginners, or anyone looking for a gentle, supportive 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 Designed for older adults, this class builds strength, balance, stability, and confidence through strength training, balance exercises, and gentle stretching. Improve posture, coordination, core stability, and functional movement for everyday activities. Age 21 & over. **Price per session:** \$71 (Resident Rate)

BALANCE BASICS Improve stability, coordination, and confidence through gentle exercises and stretches designed to strengthen muscles, improve posture, and reduce fall risk. Build balance and mobility in a safe, supportive environment. Age 21 & over. **Price per session:** \$71 (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:** \$67

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 A fun, challenging strength and conditioning class for moms and daughters ages 11-16. Build strength, balance, coordination, and confidence through weightlifting, bodyweight exercises, and conditioning. Girls may also participate independently. Ages 11-16. **Price per session:** \$66 (Resident Rate)

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) Combines multi-joint strength and cardio movements to work your entire body and maximize calorie burn. This lower-intensity, low-impact class offers modifications for various fitness levels, making it a great option for everyone. (Max 30 Cypress)

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)

TABATA/CARDIO/STRENGTH (C/S) Boost your metabolism with short bursts of high-intensity cardio and strength training. Finish with HIIT intervals to maximize calorie burn and get the most out of your workout. Options given for various fitness levels. (Max 18 MP Room)

LOWER BODY/AB BLAST/BURNOUT (S) Tone and strengthen your lower body and core with targeted exercises designed to sculpt the thighs, lift and strengthen the glutes, and tighten the abs. All fitness levels are welcome! (Max 40 FH / Max 25 Cypress)

MOVE & THRIVE (C/S) Build strength, endurance, balance, flexibility, and functional fitness in this fun and social full-body workout. Using a variety of equipment, the class combines cardio, strength, balance, and flexibility exercises to help build bone density, strength and energy. All fitness levels are welcome. (Max 30 Cypress)

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) A faster-paced interval class combining cardio and strength exercises to build lean muscle, boost fitness, and maximize calorie burn. Participants are challenged at their own fitness level, with modifications available for all. (Max 25 Cypress)

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)

GENTLE YOGA A relaxing yoga class focused on flexibility, range of motion, and stress reduction. Incorporates gentle poses, supportive equipment, and Ages 21 and up. Price per session: \$68 (Resident Rate)

GENTLE YOGA & MOBILITY A nurturing class combining gentle yoga and mobility exercises to improve flexibility, balance, strength, and range of motion. Enjoy mindful movement, relaxation, and breathwork in a supportive environment. Ages 21 and up. **Price per session:** \$68 (Resident Rate)

K.B.S. TRAINING K.B.S. combines kettlebells, boxing, and suspension training for a dynamic full-body workout. Build strength, endurance, and overall conditioning without traditional gym exercises. Ages 18 & up. **Price per session:** \$78 (Resident Rate)

STRONG NATION w/ZUMBA® A dynamic workout combining energetic Zumba® dance moves with high-intensity strength and conditioning exercises. Customize the intensity to match your fitness level while having fun and getting a challenging full-body workout. **Price per session:** \$57 (Resident Rate)

TAI CHI QIGONG Improve balance, coordination, and overall well-being through slow, gentle Tai Chi movements. Learn to quiet the mind, reduce stress, and practice relaxation techniques you can use anytime. Ages 18 & up. **Price per session:** \$69 (Resident Rate)

ULTIMATE ATHLETIC TRAINING Build athletic performance with agility drills, plyometrics, explosive power exercises, and interval training in this total-body conditioning class. Designed for intermediate fitness levels. 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 exhilarating workout that will leave you breathless and wanting more. Ages 16 & up. **Price per session:** \$57 (Resident Rate)

ZUMBA® GOLD A lower-intensity Zumba® class featuring easy-to-follow moves that improve balance, coordination, range of motion, and cardiovascular fitness. Perfect for beginners, older adults, pregnant women, and those with limited mobility. Ages 16 & up. **Price per session:** \$57 (Resident Rate)