

# Drop-In Fitness Schedule

Classes are available January 3 - June 2

The following fitness classes are now open to those wishing to Drop-In.  
Class details can be found in the program catalog or online at [www.oswegolandparkdistrict.org](http://www.oswegolandparkdistrict.org).

All Drop-In Fitness programs are \$6 per class.

Just stop by the front desk a few minutes before class to sign the waiver and pay.

## South Point Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					Step Interval 8:00-9:00am
	Basic Step 5:25-5:55pm		Basic Step 5:25-5:55pm		
	Toning 6:00-6:30pm	Zumba 5:45-6:45pm	Toning 6:00-6:30pm		
	Zumba Toning 6:45-7:30pm		Art of Meditation 7:15-8:00pm		

### Fitness class locations:

Boulder Point, Zero Boulder Hill Pass,  
Montgomery

Civic Center, 5 Ashlawn Ave, Montgomery

South Point, 810 Preston Ln, Oswego

## Boulder Point Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					Kettleweight Training 7:50-8:30am	
				Fitness Yoga 8:10-9:10am	Yoga/Pilates 8:35-9:15am	
Yoga/Pilates 10:05-11:05am			Yoga 10:20-11:20am	Zumba 9:15-10:15am		Step Interval 9:00-10:00am
			Teen Yoga 3:35-4:10pm	Pilates 9:50-10:20am		
		Zumatomic 4:15-5:15pm	Yoga Flow & Stretch 4:15-5:15pm			
Bootcamp 6:40-7:30pm		Fitness Yoga 5:30-6:30pm				
		Step Interval 6:40-7:40pm				

## Civic Center Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rise & Shine Step 5:00-6:00am		Rise & Shine Step 5:00-6:00am		Rise & Shine Step 5:00-6:00am		
Fitness 101 8:05-9:05am		Fitness 101 8:05-9:05am		Fitness 101 8:05-9:05am		
Zumba 9:15-10:15am		Power Toning 9:15-10:15am				
Toning 5:30-6:00pm		Step 5:25-5:55pm	Zumba 5:15-6:15pm	Boot Camp 5:15-6:05pm		Tai Chi Chuan 3:15-4:15pm
Step 6:00-6:30pm		Toning 5:55-6:25pm				
Yoga 6:35-7:05pm		Pilates 6:25-6:55pm				
Pilates 7:10-7:40pm						