

Drop-In Fitness Schedule

Classes are available September 6 - December 23

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.

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
Gentle Toning 8:20-9:05am				Cardio Hip Hop 9:00-9:45am	Step Interval 8:00-9:00am
Yoga Flow & Stretch 9:15-10:15am					
	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		
		Yoga 7:00-8:00pm	Art of Meditation 7:15-8:00pm		

Fitness class locations:

BP: Boulder Point, Zero Boulder Hill Pass, Montgomery

CC: Civic Center, 5 Ashlawn Ave, Montgomery

SP: South Point, 810 Preston Ln, Oswego

Boulder Point Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				Yoga 8:10-9:10am	Kettleweight Training 7:50-8:30am	Core & More 8:15-8:45am
	Kettleweight Training 9:15-10:15am				Yoga/Pilates 8:35-9:15am	Step Interval 9:00-10:00am
Yoga/Pilates 10:10-10:50am				Pilates 9:50-10:20am	Piyoxing 9:20-10:00am	
Fitness Yoga 5:30-6:30pm			Yoga 10:20-11:20am			
	Dance Fit Mixer 6:25-7:10pm	Fitness Yoga 5:30-6:30pm	Yoga Flow & Stretch 4:15-5:15pm	Nia 5:15-6:15pm		
	Step Interval 7:20-8:20pm					

Civic Center Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Power Hour 5:00-6:00am		Power Hour 5:00-6:00am		Power Hour 5:00-6:00am	Walk, Jog, Run 7:15-8:00am	
Fitness 101 8:05-9:05am		Fitness 101 8:05-9:05am		Fitness 101 8:05-9:05am		
Zumba 9:15-10:15am	Boot Camp 9:10-10:00am		Boot Camp 9:10-10:00am			
	Core & More 10:05-10:35am		Core & More 10:05-10:35am			
						Tai Chi Chuan 3:15-4:15pm
Toning 5:30-6:00pm		Step 5:25-5:55pm	Zumba 5:15-6:15			
Step 6:00-6:30pm		Toning 5:55-6:25pm				
Toning 6:35-7:05pm		Pilates 6:25-6:55pm	Gentle Yoga 6:20-7:00pm			
Pilates 7:10-7:40pm						