

Fitness Schedule

South Point Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					Step Interval 8:00-9:00am
Yoga Flow & Stretch 9:15-10:15am					Cardio Hip Hop 9:45-10:30am
			Tai Chi Chuan- Seniors 10:15-11:15am		Raise the Barre 10:35-11:20am
	Basic Step 5:25-5:55pm		Basic Step 5:25-5:55pm		
Yoga 6:00-7:00pm	Toning 6:00-6:30pm	Zumba 5:45-6:45pm	Toning 6:00-6:30pm		
	Zumba Toning 6:45-7:30pm	Yoga 7:00-8:00pm	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
	Sunrise Cycle 5:00-6:00am		Boot Camp 5:00-5:50am	Sunrise Cycle 5:00-6:00am	Indoor Cycling 7:00-7:45am	
			Gentle Toning 6:00-6:45am	Fitness Yoga 8:10-9:10am	Kettleweight Training 7:50-8:30am	Core & More 8:15-8:45am
Indoor Cycling 9:15-10:00am	Chair Yoga 8:05-9:05am	Indoor Cycling 9:15-10:15am	Cycle & Pump 9:15-10:15am	Zumba 9:15-10:15am	Yoga/Pilates 8:35-9:15am	Step Interval 9:00-10:00am
Yoga/Pilates 10:05-11:05am	Kettleweight Training 9:45-10:25am	Tone/latates 10:05-11:05am	Yoga 10:20-11:20am	Quick Cycle 9:15-9:45am	Piyoxing 9:20-10:00am	
		Lunch Break Cycle 12:15-1:00pm	Teen Yoga 3:35-4:10pm	Pilates 9:50-10:20am	Nia 11:15-12:15pm	
		Zumbatomic 4:15-5:15pm	Yoga Flow & Stretch 4:15-5:15pm			
	Dance Fitness Mixer 6:15-7:15pm	Kids Fitness Mixer 4:15-5:15pm	Indoor Cycling 5:30-6:15pm	Dance Fitness Mixer 5:15-6:15pm		Beldance/Bollywood 5:30-6:30pm
Bootcamp 6:40-7:30pm	Mommy Tummy 7:20-8:20pm	Fitness Yoga 5:30-6:30pm	Meditation Yoga 6:25-7:45pm			
		Step Interval 6:40-7:40pm	Art of Meditation 7:45-8:30pm			

Instructor Certification

Fitness instructors are certified in the fitness areas they teach. For instructor biographies and certifications please visit our website at www.oswegolandparkdistrict.org.

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	Walk, Jog, Run 7:15-8:00am	
Fitness 101 8:05-9:05am	ACES 8:05-8:50am	Fitness 101 8:05-9:05am	ACES 8:05-8:50am	Fitness 101 8:05-9:05am	Boot Camp 7:15-8:05am	
Zumba 9:15-10:15am	Boot Camp 9:10-10:00am	Power Toning 9:15-10:15am	Punch, Kick, Sweat 9:10-10:10am	Power Toning 9:15-10:15am	Zumba 8:45-9:45am	
	Core & More 10:05-10:35am					
						Tai Chi Chuan 3:15-4:15pm
Toning 5:30-6:00pm		Step 5:25-5:55pm	Zumba 5:15-6:15pm	Boot Camp 5:15-6:05pm		
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						

Give it a try!

Not sure if a fitness class is right for you? Don't worry, you can try the class for free before registering for the full session. Just stop by the front desk prior to the class you'd like to try to complete the Park District waiver.

Babysitting

The Park District offers babysitting service conveniently scheduled around prime-time fitness classes at our Civic Center and Boulder Point locations. Anyone participating in a Park District program when babysitters are present may use this service. Babysitting costs \$3 per hour, per child. Punchcards are available at discounted rates of \$14 and \$27. Babysitting hours are subject to change. Please check each location or call 630.554.1010 for current schedules.