

YOUR PATH TO HEALTH AND WELLNESS STARTS HERE!

Schedule a tour today | 708-390-2343

OPEN
7 DAYS
A WEEK!

STATE OF THE ART EQUIPMENT
CERTIFIED PERSONAL TRAINERS

WALKING TRACK
Free for MCPD Residents and Fitness Members.
Non-Residents, \$3
8-12yrs must be accompanied by an adult

OPEN GYM
Free for Fitness Members
MCPD residents, \$4
Non-residents, \$13
Age 7 and under must be accompanied by an adult

THE OAKS FACILITY HOURS
Monday-Thursday, 5am-9pm
Friday, 5am-8pm
Saturday, 7am-4pm
Sunday 7am-3pm

GROUP FITNESS CLASSES
Free for Fitness Center Members
\$7 per class for MCPD Residents
\$9 for Non-residents
Ages 13-15 must be with a parent



The Oaks' friendly staff will give you a tour of the facility. This is a great way to learn more about the center and its amenities before you commit to a membership. If you're looking for a full-service community fitness and recreation destination, The Oaks Recreation & Fitness Center is the right choice for you.

The Oaks Recreation & Fitness Center is a great place to get fit and have fun! The center offers affordable membership options for both residents and non-residents. With a leading-edge fitness center, a walking track, two fieldhouses, four multipurpose rooms, there's something for everyone at The Oaks.

MEMBERSHIP INCLUDES

- Fitness Center with a large variety of cardiovascular and strength equipment.
- Free Unlimited Group Exercise Classes (*specialty classes not included*).
- Free schedule open gym and seasonal Pickleball.
- Free Indoor Walking Track
- Free Towel service and Wi-Fi
- Free Equipment Orientation
- No long-term contracts or hidden fees.

FEE-BASED SPECIALTY CLASSES

Zumba® Programs, Group Training, Balance, Strength Mind/Body, and more.

FREE EQUIPMENT ORIENTATION

New members receive a free orientation by an Oaks Personal Trainer who will jump start your fitness path with helpful tips and proper machine usage instructions.

WELLNESS SERVICES:

PERSONAL TRAINING & NUTRITION

- Registered Dietitian and Certified Personal Trainers. Personal Trainers will coach, challenge & encourage your wellness goals.
- Discounted first time client packages for Personal Training and Nutrition.
- Increase your energy, strength, flexibility, coordination, balance, sports performance and self-esteem.
- Improve health challenges and your quality of life.

Oaks membership not required.

ARE YOU ELIGIBLE FOR A FREE MEMBERSHIP?

The Oaks accepts these programs. Call The Oaks or stop in to inquire on eligibility.

