Oaks Memberships Include:



The Oaks offers Individual, Couple, Family, College and Senior memberships with NO long-term contracts and NO hidden fees.

- A large variety of cardiovascular and strength equipment including treadmills, ellipticals, bikes and adaptive motion trainers.
- Spacious free weights area
- Televisions with Audio Fetch App
- Free scheduled open gym and seasonal Pickleball.
- Free indoor walking track.
- Free unlimited Group Exercise classes. A large variety of classes are offered weekly for all fitness levels, beginners to advanced. *(Specialty classes not included)*
- Member discount on Zumba classes.
- Free Equipment Orientation with a certified Personal Trainer.
- Locker rooms with individual stall showers.

FREE Equipment Orientation

New members can take advantage of our FREE Equipment Orientation with a certified Personal Trainer. Orientations are approx. one hour and will give you important information on proper use of the equipment and recommendations on how to get started.

What are the Members Saying About The Oaks?

The staff is always caring, motivating and challenges us to be our personal best.
Cathy L.

I love the exercise classes and the instructors, the smiles I see all day, so blessed to be part of The Oaks.
Jen M.

The Oaks is so clean, the facility feels more inviting now. I really see the change. Love it!
Donna W.

I love that I get a workout in a good environment.
William W.

The Oaks Facility Hours:

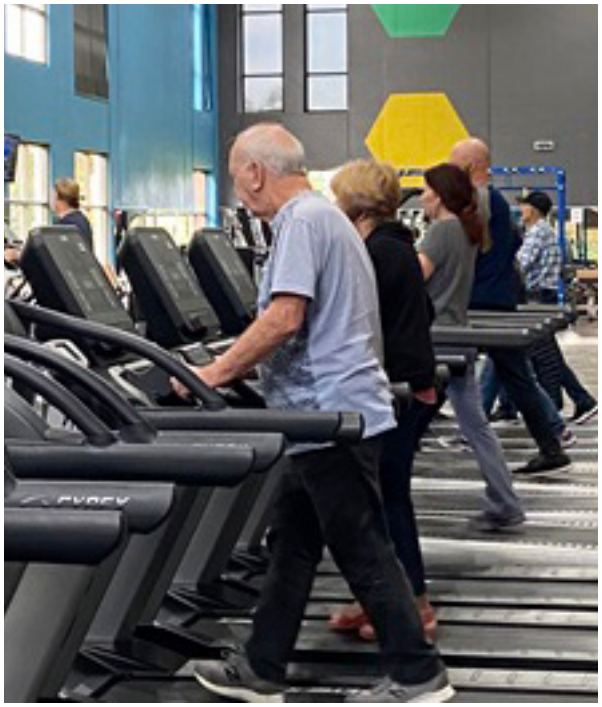
Monday – Thursday, 5:00am-9:00pm
Friday, 5:00am-8:00pm
Saturday, 7:00am-4:00pm
Sunday, 7:00am-3:00pm

Winter Weekend Hours:
Fridays: 5:00am-9:00pm
Saturday, 7:00am-7:00pm
Sunday, 7:00am-5:00pm

Holiday hours may vary, check our website for current facility hours.

MOKENA COMMUNITY PARK DISTRICT
The Oaks Recreation & Fitness Center
10847 W. La Porte Road, Mokena, IL 60448
708-390-2343 ■ info@mokenapark.com
www.mokenapark.com

8.20.26



THE OAKS
RECREATION & FITNESS CENTER



The Oaks is More than Just a Fitness Center!

The Oaks Recreation & Fitness Center offers a variety of amenities in a clean, friendly, family-oriented atmosphere. Whether you are interested in working out, taking a Group Exercise class, playing basketball, working with a certified Personal Trainer, or walking on the indoor track—The Oaks is your all-inclusive fitness solution.

The Oaks is approximately 62,000 square feet and includes a 3-court multipurpose field house, a new 4-court multipurpose field house, multipurpose rooms, indoor walking track (1/12th of a mile), atrium lobby and a mezzanine/relaxation area and more! Need a space to host your next party, event or meeting? The Oaks has room rentals and field house rental options for any occasion. Free Wi-Fi is available. For more information Call 708-390-2343.



Fit Teens

With our Fit Teen program, children as young as 10 can utilize the fitness center after they have gone through a "Fit Teen" orientation.

- Ages 10–13 will be allowed access to the fitness center but must be accompanied by a family member age 18 or over at all times.
- Fit Teens age 13 can attend Group Exercise classes but must be accompanied by a parent or guardian.

Personal Training

Our Trainers will ensure that you are safely and effectively performing exercises suitable for your age, fitness level, desired goals, and physical limitations. Personal Training packages are affordable and flexible with your schedule. Couple and Group Training Packages are also available. For more information, call 708-390-2343 or visit The Oaks Customer Service Desk.

Benefits of Personal Training

- Education & Motivation
- Stress reduction
- Weight loss & toning
- More energy
- Improved health
- Increased strength, flexibility, balance and coordination.
- Enhanced sports performance
- Improved Balance and Coordination
- Personalized nutritional advice.
- Education on reducing high blood pressure & cholesterol with proper exercise and nutrition.
- Help managing chronic diseases, weight gain, sensitivities, food allergies, and self-image.
- Guidance on understanding overall nutrition.



Pay in Full Discounts for 6-month and 12-month Memberships!

Scan here for Membership Fees



Scan here for the Group Fitness Schedule

Are You Eligible for a FREE Membership?

The Oaks accepts these insurance programs. We can check your eligibility for you.

SilverSneakers

prime

One Pass™

Renew Active by UnitedHealthcare