

NEW!

GIRL POWER TRAINING

Instructor: Laura C.



**Strength and Conditioning
class tailored specifically for
girls age 13–17.**

Train in an environment that's both fun and challenging for beginners and beyond. This class includes a combination of weightlifting and body weight exercises to promote overall strength, balance and coordination, plus spurts of aerobic and anaerobic conditioning. Become strong and confident while having fun too!

MONDAYS

- April 22–June 3, 2024
- 6:30–7:30pm
- Oaks Multi-Purpose Room
- Fee R/NR: \$63/\$76
- After April 20, additional fee applies.

Register at www.mokenapark.com

For more information, call 708-390-2343.

**TRY A FREE
DEMO CLASS
Monday, April 15
6:30–7:15pm
Preregister by
April 13.**

Preregistration is required. No drop-ins. This class is not included in an Oaks membership. Free Demos are for first-time participants only. Preregistration is recommended to reserve your spot. Walk-ins are accepted in free demo classes, if space allows.



Mokena Community Park District
The Oaks Recreation & Fitness Center
10847 La Porte Road, Mokena