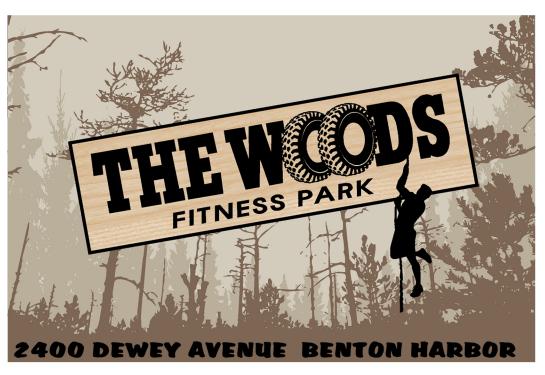
OBSTACLE LIST

LOW RUN TIRE DRAG OLYMPUS WALL **BURPEE STATIONS** 5 AND 3 FOOT WALLS PARALLEL BARS TIRE FLIP JUMP ROPE KETTLE BELLS STRENGTH & STRETCH CORE BALANCE TYROLEAN TRAVERSE 100 LB BUCKET CARRY TIRE RUN SIT UPS SLAM BALLS PUSH UPS LOW CRAWL JUMP BOX MONKEY BARS 8 AND 5 FOOT WALL ROPE CLIMB RESISTANCE BANDS HERCULEAN HOIST **BATTLE ROPES** MULTI USE STATION UP & OVERS WALL TRAVERSE CARGO CLIMB BENDER RING SWING PIKE AB STATION SAND CLIMB SANDBAG CARRY SPEAR THROW MUD RUN ARM BLASTER 9 FOOT ROPE BOX



Open 7 Days - 7am to 7pm

Day Passes

Adults (16+) \$20
Adults (25% off) \$15
Berrien County Residents, Military, Seniors, Students
Minors (5-15) \$10
Must be accompanied by an adult at all times

Trail Walking \$5

Memberships (Monthly)

Adults (16+) \$75 Trails Only \$40

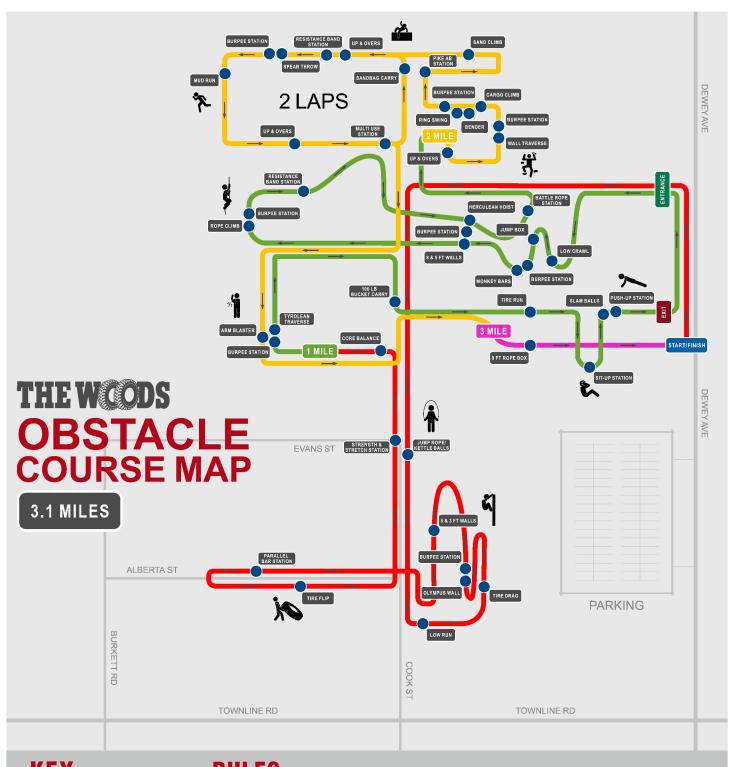
Group and Team Discounts

Michael Petlick (269) 876-2483

www.thewoodsfitnesspark.com

For more info, payments, waivers, classes, events, training sessions, apparel

The Woods Fitness Park is the area's first outdoor workout facility, designed to promote exercise for all levels, from beginners to obstacle race elites. With over 3 miles of trails, challenge yourself to over 40 obstacles and workout stations.



- MILE 1: FOLLOW RED ARROWS
- MILE 2: FOLLOW GREEN ARROWS
- MILE 3: FOLLOW YELLOW ARROWS

- Proper footwear must be worn at all times, no bare feet.
- Please stay on the paths and inside workout areas.
- All participants must register and sign waiver before entering. We are pet free for the safety of our patrons, please leave them home!
 - The park closes at dusk.
 - HAVE FUN!