

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.



KEY

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

RULES

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