

# FITNESS



Free to Residents  
\$10 - Non-Residents

## Hours

### K-6th Grade

Mon - Thurs (10:30am - 6:00pm)  
Friday (10:30am - 5:00pm)  
Saturday (10:00am - 2:00pm)  
Sunday CLOSED

### 7th Grade & Up

Mon - Thurs (10:30am - 8:00pm)  
Friday (10:30am - 5:00pm)  
Saturday (10:00am - 2:00pm)  
Sunday CLOSED

## Hours

Mon - Thurs (8:00am - 8:00pm)  
Saturday (10:00am - 2:00pm)  
Sunday CLOSED

### Daily Rate

\$2 Res / \$10 Non-Res

### Monthly Rate

Teens (14-17) \$9 Res/\$30 NR  
Adults (18+) \$11 Res/\$30 NR  
Seniors (65+) \$9 Res/\$30 NR



### Yearly Rate

Teens (14-17) \$60 Res/\$250 NR  
Adults (18+) \$75 Res/\$250 NR  
Seniors (65+) \$60 Res/\$250 NR

## JAZZERCISE<sup>®</sup> at the Hodgkins Park District

Jazzercise offers group fitness classes for all levels. Our classes incorporate HIIT cardio dance moves with strength training for the ultimate full-body workout that can slay your wellness goals. We offer live stream and in person classes.

For more information, contact Susan Draus, owner at 630-240-8191 or at [susanmdraus@aol.com](mailto:susanmdraus@aol.com)



Scan the QR code for a full schedule of class dates and times as well as pricing

or

you can go to the jazzercise website located at <https://www.jazzercise.com/>



**Free to Residents / \$10 Non-Residents**

Join us at the Hodgkins Park District for one of the fastest growing sports in the country. We have 2 separate courts available to play on as well as all the equipment needed to play.

Call to check for court availability!!  
708-354-6563

## ISSHIN-RYU KARATE

**\$35 Res / \$45 Non-Res**

Program Runs from June 9th - August 15th



### Mondays

4:30pm - 5:00pm (Beginners)  
5:00pm - 6:00pm (Advanced)

### Wednesdays

4:30pm - 5:00pm (Beginners)  
5:00pm - 6:00pm (Advanced)

### Thursdays

5:00pm - 6:00pm (Advanced)

### Saturdays

10:00am - 11:00am (Advanced)

Isshin-Ryu Karate is a traditional Okinawan martial art that blends powerful striking techniques, efficient blocking, and practical self-defense movements. It emphasizes natural stances, fast hand techniques, and a strong focus on kata (forms) to develop speed, power, and precision. With a balanced approach to both physical conditioning and mental discipline, Isshin-Ryu promotes self-improvement, respect, and perseverance.