

About Our Programs: Fitness & Wellness

A multitude of fitness opportunities are available in Cape Girardeau, offered by the Parks and Recreation Department!

Consider joining in the fun during one of our many group fitness classes, check out our recreation facilities (Osage Centre and Shawnee Park Center), enjoy a scenic run or bike through town on the LaCroix Recreation Trail, visit one of our more than 20 parks, or even work to increase your fitness level with one of our personal trainers. We have something for everyone! Come take charge of your health today!



Available Options

(Some are free of charge, others fee for service)

- Recreation facilities with gym equipment: Osage Centre and Shawnee Park Center
- Monthly fitness and wellness seminars
- Cooking demonstrations
- Health Expo (new in 2015!)
- Personal training for individuals, groups
- Nutrition counseling
- Group fitness classes
- FitZone at Arena Park
- Couch to 5K training
- Aquatic facilities: Cape Splash Family Aquatic Center, Central Municipal Pool
- Sports leagues for nearly all ages

More Information

Want to learn more about fitness and wellness programming in Cape Girardeau?

Contact us:

**City of Cape Girardeau Parks and Recreation
Fitness and Wellness
Osage Centre**

1625 North Kingshighway
Cape Girardeau, MO 63701

Osage Centre
Fitness & Wellness

Phone 573-339-6342
Phone 573-339-6604

cityofcape.org/fitness
cityofcape.org/parks
facebook.com/capeparks
twitter.com/capeparks



**CITY of CAPE
GIRARDEAU**
PARKS & RECREATION DEPARTMENT



FITNESS & WELLNESS
Programs, Group Fitness, Personal Training, Nutrition & More

Workout: Fitness Centers



Get your FREE fitness room orientation! Call our Fitness and Wellness Coordinator, Christine Page, at 573-339-6604 to schedule an orientation.

Osage Centre & Fitness Room

1625 North Kingshighway - 573-339-6342 phone
Hours: Monday - Thursday 5 a.m.-10 p.m.; Friday 5 a.m.-6 p.m.; Saturday 9 a.m.-4 p.m.; Sunday 12-9 p.m.

The Osage Centre offers more than 16,000 square feet of gym and fitness center space including everything for your best workout, such as cardio equipment and various weights.

Shawnee Park Center & Fitness Room

835 South West End Boulevard - 573-339-6343 phone
Hours: Monday - Friday, 6 a.m.-10 p.m.; Saturday 11 a.m.-6 p.m.; Sunday 12-9 p.m.

The Shawnee Park Center offers 6,500 square feet of gym space and an 870-square-foot fitness room.

Fitness Center & Gym Entry

\$2 per visit or \$16 for 10 visits

Walking on the gym floor is allowed for free during scheduled open gym times.

Court Reservations

Volleyball \$15 per hour
Basketball \$25 per hour plus
\$2 admission fee per player



Osage Fitness Room

Get Fit: Personal Training

Set goals and expect results when working out with our personal training staff. Our trainers will design a workout program to meet your specific needs.

Individual Personal Training

1 session (30 minutes)	\$20
5 sessions (30 minutes)	\$90
10 sessions (30 minutes)	\$160
1 session (60 minutes)	\$30
5 sessions (60 minutes)	\$135
10 sessions (60 minutes)	\$240

Partner Personal Training (price per person)

1 session (30 minutes)	\$20
5 sessions (30 minutes)	\$80
10 sessions (30 minutes)	\$140
1 session (60 minutes)	\$30
5 sessions (60 minutes)	\$120
10 sessions (60 minutes)	\$210

Group Personal Training (price per person)

1 session (30 minutes)	\$20
5 sessions (30 minutes)	\$75
10 sessions (30 minutes)	\$130
1 session (60 minutes)	\$30
5 sessions (60 minutes)	\$112.50
10 sessions (60 minutes)	\$195

Eat Well: Nutrition Counseling

In a world of fad diets and buzzwords, do you want some help navigating the grocery store? We can help you set a nutrition plan based on your goals and personal profile.

1 session (60 minutes)	\$30
------------------------	------



Our Fitness Team

Learn to be Fit: Seminars, Classes

Group Fitness Classes

Group fitness classes are available 5 days a week, including low impact aerobics, Zumba, yoga, pilates, and more. The first class is free. Cost is \$3.50 per class. Punch cards are available - 12 classes for \$36 or 24 classes for \$60. Get your monthly group fitness schedule online at cityofcape.org/fitness.



Couch to 5K

Are you interested in running your first, or fifth, 5K race? Or, what about getting into a good walking or running routine? Call Christine to find out about the next Couch to 5K course: 573-339-6604.



FitZone at Arena Park

This free, outdoor fitness area is open to everyone of all abilities. FitZone has 8 pieces of equipment to provide a full-body workout. Orientations are offered on Mondays at 10 a.m. and by appointment.

Seminars & Cooking Demos

Join us each month as we offer a seminar on health and wellness topics, including occasional cooking demonstrations. A list of upcoming programs is available at cityofcape.org/fitness. Pre-registration is recommended.



FitZone at Arena Park