

## FIND ALL SIX FITNESS STATIONS

### 1. BALANCE BEAM & LAT PULLDOWN



### 2. SIT-UP /BACK EXTENSION & CHEST PRESS



### 3. PUSH-UP & CHIN-UP



### OAKDALE NATURE PRESERVE

### PARK OPEN HOURS

Daily 1/2 Hour Before Sunrise— 1/2 Hour After Sunset

### OAKDALE DISCOVERY CENTER

### BUILDING OPEN HOURS

Monday to Friday 8:00 AM—4:30 PM

Thursday Extended 8:00 AM– 8:00 PM

Saturday 12:00 PM—4:00 PM

Sunday 1:00 PM—4:00 PM

## FIND ALL SIX FITNESS STATIONS

### 4. CHIN-UP, PLYOMETRIC BOXES & BALANCE BOARD



### 5. SHOULDER ROTATOR & CHIN-UP



### 6. CLIMBING WALL & BALANCE BOARD



Report park maintenance  
concerns online at:  
<https://seeclifix.com/oakdale>

Thank you for visiting the  
Oakdale Nature Preserve!

# Oakdale Nature Preserve

## TRAIL MAP



4444 Hadley Ave N  
Oakdale, MN 55128

651-747-3860  
[www.oakdalefun.com](http://www.oakdalefun.com)

