

# I Beardstown Community Exercise and Wellness Resources

EAT.  
MOVE.  
SAVE.

Updated: 04/01/22

## FREE RESOURCES

### Beardstown Karate Club

Come talk with the manager Ernie about free Karate for a limited time and discounts for families.

401 E 4th St. Beardstown, IL 62618

(217) 320-0428

This is a Martial Arts School offering Judo, Jujitsu, Kick Boxing, Mixed Martial Arts (MMA) & Shito Ryu Karate Classes in Beardstown, IL for kids, men, and women. Everything from Self-Defense (Bully Proof, Teen Self Defense, Everything College Girls Should Know and Adult Alert, Aware, Always Ready), Fitness (Cardio Training, Kickboxing Accountability, and Yoga), and Self-Improvement.

### Senior Walk and Free Weights

6 Armory Ln. Beardstown, IL 62618

(217)323-2555

2 days a week with prizes.

Contact Amanda Jones (217)323-1860 for more details.

### Beardstown Park District

6 Armory Ln. Beardstown, IL 62618

(217)323-2555

- **JBS Soccer Complex:** ~9 soccer fields- Bathrooms, Concession stands, Lights, Turf, a Scoreboard, and Handicap accessibility.
- **Roberts Park:** ~ 1700 Wall St. Beardstown, IL 62618~ Walking Path, Swimming Pool, Playground, 2 Ball Diamonds, Tennis Court, and 2 Basketball Courts, 3 Shelters for Picnics are also located at this park.

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- **Art Jones Park:** ~ 1700 Wall St. Beardstown, IL 62618 ~ 2 Ball Diamonds, Golf Driving Range, and 18-hole Disc Golf Course (Frisbee Golf).
- **Schmoldt Park:** ~ 100 Wall St. Beardstown, IL 62618 ~ 2 Playgrounds, Picnic area, Dog park, Shelter, Tennis/Basketball Court, 2 Lighted Baseball / Softball Diamonds, and Practice Field.
- **Kiwanis Park:** ~ Clendenion and 4th St. Beardstown, IL 62618 ~ Playground, Picnic area, Shelter, and Basketball Court.
- **Elks Park:** ~ 500 block of West 12th and 13th St. Beardstown, IL 62618 ~ Playground, Picnic area, Ball Diamond, Shelter, and Basketball Court.

## RESOURCES WITH A FEE

### Culbertson Therapy Services

Open Tuesday's and Friday's from 8am-5pm

8570 St. Luke's Dr. #300

Beardstown, IL 62618

(217) 323-9480

Illinois  
Extension

This institution is an equal opportunity provider. This material funded by USDA's Supplemental Nutrition Assistance Program - SNAP. University of Illinois | U.S. Department of Agriculture | Local Extension Councils Cooperating

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## RESOURCES WITH A FEE

### Beardstown Park District

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#### Adults

- **Yoga sessions:** Tuesday evenings at 6:00pm. (\$5 a class)
- **Fitness Fusion (Zumba):** Monday and Wednesday Evenings at 5:15pm and Tuesday's and Thursday's Mornings at 8:30am. (\$5 a class)
- **Indoor Women's Soccer League:** January to March on Sunday afternoon's.
- **Co-ed Volleyball League:** Winter January to March.
- **Women's Volleyball League:** September to December.
- **Aqua Zumba:** June for Adults.

#### Children

- **Tumbling (Fall-Spring):** 4:00pm-8:00pm - Monday through Thursday.
- **Dance (pop/jazz/ballet):** Saturday Morning's 8:00am-12:00pm.
- **Swimming Lesson's:** July for children.
- **Summer Camp:** 9:00am-12:00pm (Soccer, Basketball, Tee Ball, Golf, Fitness Summer Camp and so much more.)
- **Baseball Buds:** Instruction includes basic skills in throwing, fielding, and hitting with lots of swings on the batting tee to improve hand eye coordination & bat speed.
- **T-Ball Players:** Practicing T-Ball skills and dividing group into teams for some exciting scrimmage games.
- **Softball Stars:** Instruction includes basic skills in throwing, fielding, and hitting with lots of swings on the batting tee to improve hand eye coordination & bat speed.
- **Baseball Clinic Good Pitching:** Instruction will concentrate on proper form and throwing in general to build arm strength.
- **Softball Clinic Good Pitching:** Instruction will concentrate on proper form and throwing in general to build arm strength.

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## **RESOURCES WITH A FEE**

### **Rollin on the River Rink (Roller Skating Rink)**

(217) 481-0666

219 W. Main St. Beardstown, IL 62618

Friday and Saturday 6pm-9pm

Open October through Mid April. (Call before you arrive as times are different throughout slow months)

### **Body Image Fitness and Tanning**

803 E. 14th St.

Beardstown, IL 62618

(217) 323-1819

Motivational Exercise, weight room, and cardio.

6am-7pm Monday through Thursday ~ Saturday 8am-12pm ~ Sunday Closed

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