![MC900083091[1]]()**INDOOR EXERCISE OPTIONS**

Looking for great indoor walking locations and discounted fitness facilities? Check out these agencies that have had a long time relationship with PPG Cardiology and America on the Move. All offer **FREE** or low costindoor walking and/or exercise options. **Some agencies require an AOM ID card, available at Parkview Physician Group Cardiology, 11108 Parkview Circle, or from Sarah Mohrman, RDN at 260-266-5731 or** **sarah.mohrman@parkview.com** **.** The listing below is a reference list, not an endorsement.

**Agency Description of Offering\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Fellowship Missionary Church** 8 am-12 noon M, T, W, & Friday  **FREE**

2536 E. Tillman Road 447-3578 Enter Door “C” and check-in with receptionist

**Glenbrook Square Mall** 6 am- 9 pm Mon-Sat; Sunday 9 am- 6 pm **FREE**

4201 Coldwater Road Enter any mall entrance, all doors are unlocked

483-2119 by 6:15 am Mon-Sat., Sunday by 9:15 am

**Kingston Care Center** Community Aquatic Classes (day and evening)

1010 W. Washington Center Rd. in warm water pool. Call 489-2552 for schedule.

489-2552 $3 per class with **AOM ID**

**Indiana Tech** Walking Track in Gym in Schaefer Center **FREE**

1600 E. Washington Blvd. 6am-10pm M-TH; 6am-6pm Fri.; 10am-6pm Sat;

422-5561 x2427 12-4 pm on Sundays

**McMillen Park Community Center** Indoor Track, M-F 9 am – 2 pm and 6-9 pm

3901 Abbott Street $1 fee per day. Free use of pedometers. Group

427-2420 Walks M, W, and F from 10-11 am

**Mt. Calvary Lutheran Church** 7-9am M, W, F Walk in Gym **FREE**

1819 Reservation Dr. 747-4121 Blood pressure screenings also available.

Located across from Miami Middle School

**Parkview Health and Fitness** Walking Track only, 3 months, $40 M-TH 5am-3000 E. State Blvd. 373-4151 8pm, Fri 5am-7pm; Weekends 7 am-2pm. Free for Senior Club Members. (join within)

**Parkview Senior Wellness Center** Walking Track only, Senior Club Membership

Parkview Randallia required (50 years old or better) $15 annual fee

2200 Randallia Dr., Entrance #4 Track available M-F 7 am – 3 pm

373-7209

**Spiece Fitness**  Walking Track $15/month or $3/visit. M-Th 5am-

5310 Merchandise Dr.483-141510pm; Fri. 5 am-9pm; Sat 7am-7pm; Sun 8am-6pm

**Saint Joseph United Methodist Church** 9 am- 4 pm M-F. **FREE** Enter main entrance **(**by

6004 Reed Road cross and flame sign) Sign in at office in entry.

485-9681

**Steppin’ up Physical Therapy** 8 am- 4 pm M-F, **FREE** indoorwalking/optional

Worthman Office Mall, 5800 Fairfield Ave., Suite 150 stairs. Check in at Steppin’ Up office on the ground

744-5585 level, suite 150

**SEE MORE LOCATONS ON REVERSE SIDE**

**The Chapel** 8 am to 4 pm M-TH, 8 am- 1 pm Fri. **FREE**

2505 W. Hamilton Rd**. Must show AOM ID.** Enter **Door #11** Check 625-6200 in at guest registration desk--walk main level only.

**Towne House Retirement Community** 8 am- 6 pm daily; **FREE**-- **Show AOM ID** & check

2209 St. Joe Center Road 483-3116 in with receptionist.Indoor walking map available

 & outdoor 1 mile lighted path---map @ front desk. River Greenway to be linked in Spring 2016.

**FITNESS CLUBS**

 **Some of the following facilities offer discount pricing with America on the Move ID card.**

**Agency Description of Offering\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Fitness Studio** Variety of fitness classes available. Various price

10226 Coldwater Rd. packages for the sessions or $8.00 drop in rate.

Fort Wayne, IN 46825 Also, Aqua Zumba and AquaFIT classes held at

637-2474 Turnstone (3320 N. Clinton). Call for more info.

**IPFW Athletics Center** 5:30 am-10 pm M-TH; 5:30 am-8 pm F; 8 am-5 pm

IPFW Campus Sat.; 12 noon-8 pm Sun. Reduced price for

* 1. Students, Staff & Alumni—**Not open to the public.**

www.ipfw.edu/fitness

**Indiana Tech Wellness Center** 6 am-10 pm M-TH; 6 am - 6 pm F; 10 am-6pm Sat.

1600 E. Washington Blvd. & 12-4 pm Sun. **Must show** **AOM ID** $15/month;

422-5561 x12383 6 months, $75; 12 months, $150; Wellness Center is

 located in the Schaefer Center

**Spiece Fitness** M-Th. 5 am-10pm; Fri. 5 am- 9pm; Sat. 7 am-7 pm;

5310 Merchandise Dr. Sun. 8 am- 6 pm.; **Show AOM ID** for 50% discount 483-1415 off enrollment fee when joining.

[www.spiecefitness.com](http://www.spiecefitness.com)

**Parkview Health and Fitness Center** Aerobics Punch Card, 10 classes for $50, 11th class

3000 E. State Blvd. Free (choice: yoga, step aerobics, spinning, zumba

373-4151 & more) Mon.-Fri.5 am- 8 pm; Weekends 7am-2pm

**YMCA of Greater Fort Wayne** Walking tracks, swimming pools, fitness classes &

# Central Branch 422-6486 Childwatch services are available. Offering Family,

Jorgensen Family 432-8953 Adult, One Adult Family, Senior and Senior Parkview Family 497-9996 Family memberships. Financial assistance is

Renaissance Pointe 447-4567 available. Contact your local branch to request a

Wells County 260-565-9622 1-day pass [www.fwymca.org](http://www.fwymca.org)

Whitley County 260-244-9622

