



INDOOR EXERCISE OPTIONS

If you are looking for great indoor walking locations free from rain, cold, excessive heat or humidity, check out these great options! America On the Move in Fort Wayne has partnered with community agencies to offer **FREE** or low cost **indoor** walking and/or exercise options. **Some agencies require an AOM ID card.** The listing below is not an endorsement, but a reference list of locations where you can get moving!

<u>Agency</u>	<u>Description of Offering</u>
Academy of Sports & Health Centre 1701 Freeman Street (formerly Tahcumwah) 436-1507 (11-15-07 thru 04-04-08)	8-10 am M-F FREE Register on the sign-in sheet— Must show AOM ID
Fellowship Missionary Church 2536 E. Tillman Road 447-3578	8 am-12 noon M, T, W, & Friday FREE Enter Door “C” and check-in with receptionist
Fort Wayne Parks and Recreation 427-6460	Silver Striders 8 am M & F @ Glenbrook Square Meet at Sears by lockers FREE
Glenbrook Square Mall 4201 Coldwater Road 483-2119	6 am- 9 pm M-S; Sunday 9 am- 5 pm FREE Enter lower level door by old Marshall Field’s or Mall entrance by Barnes & Noble.
Indiana Tech 1600 E. Washington Blvd. 422-5561 x 12383	Walking Track in Gym FREE 8 am- 2pm M-F, 10 am- 4 pm Saturday and 1-4 pm Sunday
Mt. Calvary Lutheran Church 1819 Reservation Dr. 747-4121	8-9:15 am M, W, F Walk in Gym FREE (located across from Miami Middle School)
Parkview Health and Fitness 3000 E. State Blvd. 373-4151	Walking Track only, 3 months, \$40 M-Th 5 am-9 pm; F 5 am-8 pm Saturday & Sunday 7 am-2 pm
Spiece Lifestyle Medical Center 5310 Merchandise Dr 483-1415 www.spiecelmc.com	Walking Track FREE – Must show AOM ID M-F 5 am-10 pm; Sat & Sun. 7 am-7 pm
The Chapel 2505 W. Hamilton Rd. 625-6200	8 am to 8 pm M-F FREE--Must Show AOM ID Check-in with receptionist (call prior to 5 pm if evening walking) Enter Door #10

Towne House Retirement Community
2209 St. Joe Center Road 483-3116

8 am- 6 pm daily. **Show AOM ID & check in with receptionist.** Indoor walking map also available

FITNESS CLUBS

Some of the following facilities offer discount pricing for members of America on the Move in Ft. Wayne.

Agency

Hilliard Gates Sports Center
IPFW Campus
481-6655
www.ipfw.edu/athletics/fitness

Description of Offering

5:30 am-10 pm M-TH; 5:30 am-8 pm F; 8 am-5 pm Sat.; 12 noon-8 pm Sun. Discounted pricing for Students, Staff & Alumni; General public special rates 12/1/07-2/28/08 \$25/1 month, \$45/2 months

Indiana Tech
1600 E. Washington Blvd.
422-5561 x12383

6 am-10 pm M-TH; 6 am – 6 pm F; 10 am-4pm Sat. & 1-4 pm Sun.—**Must show AOM ID**, \$20 month

Spiece Lifestyle Medical Center
5310 Merchandise Dr.
483-1415
www.spiecelmc.com

M-F 5 am-10 pm; Sat. & Sun. 7 am-7 pm
60/60 Physician Recommended Program
Requires Doctor Prescription. 60 days/\$60
Walking Track **FREE** with AOM ID

Parkview Health and Fitness
3000 E. State Blvd.
373-4151

Aerobics Punch Card, 10 classes for \$50
(choice of yoga, step aerobics, spinning & more)
Complete Fitness Center. M-Th 5 am- 9 pm; Fri.
5 am- 8 pm; Weekends 7 am- 2 pm

YMCA of Greater Fort Wayne

Central Branch 422-6486
Jorgensen Family Branch 432-8953
Parkview Family Branch 497-9996
Southeast Family Branch 447-4567
Old Fort Branch 745-0541
Whitley County Branch 260-244-9622

Show AOM ID and receive 50% off Joiner's Fees when you register for a YMCA membership. Offer valid at all 6 full-fitness facilities. Indoor walking tracks, swimming pools, and childwatch services are available, as are fitness classes for all ages. Financial assistance available for those who qualify.

Agency

Waynedale Elementary School
7201 Elzey Street
467-8820

Description of Offering

Fitness Center opens to the public both before and after school; 6:30- 8 am and 3:30-5 pm weekdays. Kids under 18 must be supervised by their parents. Enter main entrance

To learn more about America on the Move in Fort Wayne, log onto www.americaonthemove.org and choose "Indiana pages". Quality AOM pedometers are available for \$12 at Fort Wayne Cardiology, 1819 Carew Street, Fort Wayne, 7 am-5pm weekdays, or call 260-481-4868 for pedometer orders of five (5) or more.

