



## 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, available at Fort Wayne Cardiology, 1819 Carew Street.** The listing below is not an endorsement, but a reference list of locations where you can get moving! Further information is at: [www.americaonthemove.org](http://www.americaonthemove.org).

Agency	Description of Offering
<b>Abundant Life Church</b> 3301 E. Coliseum Blvd. 432-0014	8:30 am-4 pm Mon. –Fri. <b>FREE</b> Enter door #3 & check-in with receptionist – <b>Must show AOM ID</b>
<b>Academy of Sports &amp; Health Centre (ASH Centre)</b> 1701 Freeman Street (formerly Tahcumwah) 436-1507 (11-3-08 thru 04-24-09)	8-10 am M-F <b>FREE</b> <b>Register</b> on the sign-in sheet— <b>Must show AOM ID</b> Facility is closed when FWCS closes due to weather
<b>Concordia Seminary</b> 6600 N. Clinton St. 452-2100	5-11 am Monday-Friday in the Gym— <b>FREE</b> Check-in with Security Guard in the gym.
<b>Fellowship Missionary Church</b> 2536 E. Tillman Road 447-3578	8 am-12 noon M, T, W, & Friday <b>FREE</b> Enter Door “C” and check-in with receptionist
<b>Fort Wayne Parks and Recreation</b> 427-6460	Silver Striders 8 am M & F @ Glenbrook Square Meet at Sears by lockers <b>FREE</b>
<b>Glenbrook Square Mall</b> 4201 Coldwater Road 483-2119	6 am- 9 pm M-S; Sunday 9 am- 5 pm <b>FREE</b> Enter lower level door by the Food Court or upper level doors by Sears & Charlotte Russe
<b>Golf Dome</b> 5702 Engle Road 432-8783	<b>FREE</b> walking from 8:30 am – 10 am Monday-Friday. Use main entrance. Show AOM ID
<b>Kingston Care Center</b> 1010 W. Washington Center Rd. 489-2552	Community Aquatic Classes (day and evening) in heated pool. Call 489-2552 for schedule. \$3 per class with AOM ID.
<b>Indiana Tech</b> 1600 E. Washington Blvd. 422-5561 x12383	Walking Track in Gym <b>FREE</b> 8 am- 2pm M-F, 10 am- 4 pm Saturday and 1-4 pm Sunday
<b>Mt. Calvary Lutheran Church</b> 1819 Reservation Dr. 747-4121	8-9:15 am M, W, F Walk in Gym <b>FREE</b> (located across from Miami Middle School)
<b>Parkview Health and Fitness</b> 3000 E. State Blvd. 373-4151	Walking Track only, 3 months, \$40 M-Th 5 am-9 pm; F 5 am-8 pm Weekend 7 am-2pm

**Spiece Fitness**

5310 Merchandise Dr  
483-1415 [www.spiecefitness.com](http://www.spiecefitness.com)

Walking Track **FREE** –**Must show AOM ID**  
M-Th 5 am-10 pm; Fri. 5 am-9pm; Sat. 7 am-7pm;  
Sun. 9 am- 6 pm

**The Chapel**

2505 W. Hamilton Rd.  
625-6200

8 am to 4:30 pm M-TH, 8 am- 1 pm FRI.; **FREE**  
**Must show AOM ID. Enter Door #10 & Check**  
in with receptionist.

**Towne House Retirement Community**

2209 St. Joe Center Road 483-3116

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

**Turnstone Center for Disabled Children & Adults**

3320 N. Clinton Street  
483-2100

8 am- 4 pm Monday-Thursday in the gym. **FREE**  
Enter the main door & check in at the front desk.

## 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](http://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 12/1/08-2/28/09 \$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](http://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. **FREE**