

Exercise Options For Older Adults and Adults with Disabilities

It is recommended that you check with you physician before starting a new exercise program. If you have certain health conditions, the exercise facility may require your doctor's signature giving you permission to begin a new exercise program.

Listed below is a list of exercise facilities that are either free, non-profit, offer reduced rates or specialize in dealing with health issues that generally effect people who are aging or disabled. This is not an all inclusive list and there are many other facilities that may provide the same or similar service.

► Aging & Disability Resource Center of Brown County

Address: 300 South Adams Street
Green Bay, WI 54301

Phone: 920-448-4300

Hours of Operation: Monday through Friday 8:00am - 4:30pm

Fee: There is a \$1/month donation for the exercise room.

Eligibility: Must be age 60 or older or 18 and older with a disability.

Description: Exercise room for people who have a signed permission slip from their physician.

Individuals must receive training on the equipment prior to first use. Yoga, Sit & Be Fit, and Lively Low Impact classes are also available which are provided by the YMCA for a seven week session for a fee.

► Bellin Health Fitness Center West

Address: 1630 Commanche Ave
Green Bay, WI 54313

Phone: 920-430-4756

► Bellin Health Fitness Center Bellevue

Address: 3263 Eaton Rd
Green Bay, WI 54311

Phone: 920-433-6700

Hours of Operation: Monday through Friday, 5:00am -9:00pm; Saturday & Sunday, 7:00am- 3:00pm.

Fee: One time initial sign up fee of \$75 for the primary member & \$75 for a spouse. The monthly rate is: \$45 single, \$63 family, \$40 single senior, \$55 family senior (senior rates apply to those 62 or older).

Some exercise classes charge an additional fee. Individuals can sign up for classes without becoming a member and paying membership fees. . For the cost and list of classes available you can pick up a booklet at the Bellin Health Fitness Centers or visit their web site at www.bellin.org, click on "Services/Programs".

Eligibility: There are no special eligibility requirements

Description: Bellin provides a variety of programs such as Gentle Yoga, Active Adults, Silver Sneakers, Weight Management Programs and others.

► **Cerebral Palsy – Aquatic Center**

Address: 2801 South Webster Ave
Green Bay, WI 54301

Phone: 920-403-7665

Hours of Operation: Pools are open Monday 6:30am- 8:30pm; Tuesday & Thursday, 5:45am -7:45pm; Wednesday 6:15am -8:00pm; Friday 6:15am- 4:45pm.

Fee: Prices vary for classes. Scholarships are available for those who have low income or special circumstances. Inquire about the scholarship application.

Eligibility: There are no eligibility requirements.

Description: Classes are available throughout the week and include classes such as: Joint Motion, Aqua Fit, Parkinson's, Diabetic, and Water Yoga. Registration is required for classes but you do not need to wait until a new session starts to begin a class. May use the pool outside of classes for a fee. Call for more information.

► **St. Mary's Hospital Independent Wellness Center**

Address: 1727 Shawano Ave
Green Bay, WI 54303

Phone: 920-498-3519

Hours of Operation: Monday through Friday 6:00am- 4:00pm.

Fee: Independent exercise fee: \$35 month single, \$45 month for married couple

Eligibility: No eligibility requirement but the center is geared towards individuals 40 and older.

Description: Membership includes: initial consultation to develop a personalized exercise program, cardiovascular equipment such as treadmills, aerodyne bicycles, recumbent bicycles, precor cross trainer, rubberized walking track, free weights, locker rooms, and TV and stereo equipment. Goal is to help develop an overall sense of health for individuals.

► **St. Mary's Hospital Pacers Walking Club**

Address: Walking at Bay Park Square Mall
Oneida Street
Green Bay, WI 54304

Phone: 920-498-4289

Hours of Operation: Anytime the mall is open

Fee: Free

Eligibility: No eligibility requirement.

Description: Track your laps between September and May. Indoor and outdoor walking routes available. Free health screenings from 8:00am-8:30am and "Ask the Expert" presentations from 8:30am- 9:00am on the first Wednesday of the month. Calendar of "Ask the Expert" presentations available at www.stmgb.org or by calling.



► YMCA - Downtown

Address: 235 North Jefferson Street
Green Bay, WI 54301

Phone: 920-436-9622

Hours of Operation: Monday through Friday, 5:00am-9:00pm, Saturday, 6:00am-5:00pm, Sunday closed.

► YMCA - Broadview

Address: 380 Broadview Drive
Green Bay, WI 54301

Phone: 920-436-9601

Hours of Operation: Monday through Friday, 5:00am-10:00pm; Saturday, 6:00am-8:00pm; and Sunday 9:00am- 4:00pm.

► YMCA – Howard

Address: 601 Cardinal Lane
Green Bay, WI 54313

Phone: 920-436-9678

Hours of Operation: Monday through Friday, 5:00am-10:00pm; Saturday, 6:00am-8:00pm; and Sunday, 7:00am-6:00pm .

► YMCA - East

Address: 1740 South Huron Road
Green Bay, WI 54311

Phone: 920-436-9622

Fee: Vary by class and membership. Scholarship applications for reduced cost memberships are available. Besides the application you will be required to have verification of income (paycheck stubs, taxes, Social Security statement, etc.).

Eligibility: Some classes may require membership.

Description: The YMCA provides health, fitness, and wellness programs for persons of all ages and abilities. They offer such classes as yoga, Twinges in the Hinges for older adults, swimming lessons, Cardio-Pulmonary Program, martial arts and Pilates. See website at www.greenbayymca.org.

► YWCA of Green Bay-De Pere

Address: 230 South Madison Street
Green Bay, WI 54301

Phone: 920-432-5581

Hours of Operation: Monday through Friday, 5:00am-8:00pm; Saturday, 7:00am - 2:00pm.

Fee: Fitness Center and swim packages available. Scholarships are available to women and children who have low income. For the cost of classes and membership, you can pick up a booklet at the YWCA or visit their web site at www.ywcagreenbay.org

Eligibility: There are no special eligibility requirements.

Description: The YWCA provides a variety of programs to promote a sense of wellness and good health. They have a health and fitness training center, exercise classes and an 88 degree pool. Call for further information on classes available or visit their web site.

This listing is compiled by the Aging and Disability Resource Center of Brown County, and is for information only; endorsements are not assumed or implied.

Call (920) 448-4300 for additional information. Also on the web at www.adrcofbrowncounty.org

