



Exercise Options

for Older Adults and Adults with Disabilities



Looking to save money on your exercise classes/gym membership?

This is a list of fitness centers that offer reduced membership rates (including SilverSneakers[®]) for older adults and adults with disabilities.

ADRC of Brown County

920-448-4300

300 S. Adams Street

Green Bay, WI 54301



www.adrcofbrowncounty.com

adrcbrowncountywi

*Serving older adults, adults
with disabilities, and their
caregivers in Brown County.*

Reduced Gym Memberships

The following facilities offer reduced, monthly membership rates for adults with disabilities, older adults, and their families. Call or visit the facilities listed below to learn about reduced rates for your income level.

Note: Each facility has a one-time, initial sign-up fee not included in the listed membership price.

Bellin Health Fitness Centers

www.bellin.org

Membership cost: Single: \$45, Family: \$63, Single Senior (62+): \$40, Family Senior: \$55

West Side Location
1630 Commanche Ave., Green Bay
920-430-4756

East Side (Bellevue) Location
3263 Eaton Rd., Green Bay
920-433-6700

Cerebral Palsy (CP) Aquatic Center

www.cp-center.org/aquatic-center

Membership cost: Prices vary.
*Scholarships available for those with a low-income or special circumstances.
(You must provide own caregiver if you need assistance getting in & out of the pool.)*

2801 S. Webster Ave., Green Bay
920-403-7665

Oneida Family Fitness Center

www.oneida-nsn.gov

Membership cost:
Youth (6 months-17 years) : \$15, Individual: \$40, Family: \$60, Elder (55+): \$30, Family Elder: \$50.
Free membership for Oneida tribal members (other tribes receive discounts).

2640 West Point Rd., Green Bay
920-490-3730

Salvation Army Ray & Joan Kroc Center

www.gbkcroccenter.org

Membership cost: Teen (12-19): \$19, Adult (20-61): \$39, Family: \$59, Single Senior (62+): \$29, Family Senior: \$49.
Scholarships available for those with a low-income.

1315 Lime Kiln Rd., Green Bay
920-884-5007

YMCA

www.greenbayymca.org

Membership cost: Children (0-18): \$16.50, Adult (19-65): \$43, Family: \$65, Single Senior (65+): \$39, Family Senior: \$55.40.
Reduced rates available based on household income.

Broadview Location
380 Broadview Dr., Green Bay
920-436-9601

Downtown Location
235 N. Jefferson St., Green Bay
920-436-9622

East Side Location
1740 S. Huron Rd., Green Bay
920-436-1200

West Side (Howard) Location
601 Cardinal Ln., Green Bay
920-436-9570

YWCA

www.ywcagreenbay.org

Membership cost:
Full package (fitness center, weight room, pool):
Individual: \$40, Family: \$50, Senior (55+): \$35
Fitness center package (fitness center, weight room): Individual: \$20
Scholarships available for women and children with a low-income, plus adults 60+ who participate in the "Seniors Connect with the Community Program".

230 S. Madison St., Green Bay
920-432-5581

SilverSneakers®

www.silversneakers.com

The following facilities offer the SilverSneakers® program (discounted or free memberships at participating facilities for adults age 65+). You must have a Medicare plan that covers SilverSneakers®.

Note: All Medicare Advantage plans offered in Brown County in 2017 have SilverSneakers®.

- Anytime Fitness
450 N. Military Ave., Green Bay
920-569-6351
- Allouez Village Hall
1900 Libal St., Green Bay
920-448-2800
- Allouez Community Center
2143 S. Webster Ave., Green Bay
920-884-2329
- Bellin Health Fitness Centers
1630 Commanche Ave., Green Bay
920-430-4756
- Curves Green Bay East
1281 Brosig St., Suite A, Green Bay
800-704-5908
- Planet Fitness Green Bay East
1831 Main St., Green Bay
920-544-8191
- Planet Fitness Green Bay West
2641 W. Mason St., Green Bay
920-544-8190
- Salvation Army Ray & Joan Kroc Center
1315 Lime Kiln Rd., Green Bay
920-884-5007
- Titledown Fitness
2253 Main St., Green Bay
920-468-6778
- Western Racquet & Fitness Club
2500 S. Ashland Ave., Green Bay
920-497-1161
- Xperience Fitness
2763 Oneida St., Green Bay
920-490-9900
- YMCA (some classes at various locations)
920-436-9622
- YWCA
230 S. Madison St., Green Bay
920-432-5581



Please note this is not an inclusive list of all reduced gym memberships in Brown County.

Information provided courtesy of ADRC of Brown County. Endorsements not implied, nor assumed.

Check with your physician before starting a new exercise program. If you have certain health conditions, exercise facilities may require your doctor's signature, giving you permission to exercise.