

## Exercise Options for Seniors



### Free or Low Cost Exercise Options

#### Sit and Be Fit

[www.sitandbenefit.org/](http://www.sitandbenefit.org/)

A senior exercise and fitness show on public television.

PBS Channel 10, 16 or 36 MPTV-Milwaukee, Monday- Friday, 8:30am

\*New Streaming Club, access to workouts whenever, wherever you want  
[www.sitandbenefit.org/streaming/](http://www.sitandbenefit.org/streaming/) for \$7.99/month, or \$79/year after 30-day free trial.

#### Go for Health [Exercise and Physical Activity | National Institute on Aging \(nih.gov\)](http://Exercise and Physical Activity | National Institute on Aging (nih.gov))

Physical activity is an important part of healthy aging. Check out these articles, which were previously housed on the **Go4Life** exercise and physical activity website, to learn the latest on how exercise and physical activity can help you stay healthy as you age. Find tips on how to fit exercise into your daily life safely and get motivated to get moving.

#### Walking Indoors

Local malls are often open earlier for walkers. Check with the mall for details. In Kenosha individuals can also walk at the Kenosha County Human Services Buildings or the Boys and Girls Club.

#### Boys and Girls Club

1330 52<sup>nd</sup> Street, Kenosha

262-654-6200

Hours: Monday-Thursday, 7:00am-3:00pm; Friday 7:00am-12noon.

\*\*Must have a Senior membership, which is currently free for seniors 55+yrs; under 55 the cost is \$65 for a yearly membership. Call for details and benefits this membership offers.

#### Kenosha County Human Services Building

8600 Sheridan Road, Kenosha

Hours: Monday- Friday, 8:00am - 5:00pm

## **Kenosha County Center**

19600 75<sup>th</sup> Street, Bristol

Hours: Monday- Friday, 8:00am- 5:00pm

## **Senior Centers**

### **Kenosha Senior Citizens Center**

2717 67<sup>th</sup> Street, Kenosha

262-359-6260

[Kenosha Senior Center – Kenosha Unified School District \(kUSD.edu\)](http://kUSD.edu)

Offers exercise classes, dance, dance lessons, and Tai chi.

### **Westosha Senior Community Center**

19200 93<sup>rd</sup> Street, Bristol

262-891-3436

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

Offers exercise classes, dance, and dance lessons

Costs: Call for fees and membership information.



## **Exercise Programs and Health Clubs**

### **Aurora Wellness Center**

Memorial Hospital of Burlington

300 McCanna Parkway, Burlington

262-767-7000

[Aurora Wellness Center – Burlington | Aurora Health Care](http://AuroraWellnessCenter.com)

Health and fitness center

Services offered:

- Aerobic and other exercise classes, including classes geared for seniors
- Indoor walking/jogging track
- Fitness center and weight training
- Pool facilities and water fitness classes.

Cost: Call for membership rates and information. Senior rates are available.

### **SwimTastic Swim School**

262-201-0500

6940 Green Bay Road Kenosha, WI

[www.swimtastic.com/locations/kenosha-wi](http://www.swimtastic.com/locations/kenosha-wi)

- Offers a unique program to meet the needs of a special swimmer. Warm water pools, individual pools, customize the experience to best match your goals, facility has two ADA bathroom/changing rooms, ADA lifts.

**Diver Dan's Scuba & Aquatic Center**3927 30<sup>th</sup> Avenue, Kenosha

262-652-9399

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

Services offered:

- Water exercise classes
- Arthritic/fibromyalgia, "Arthritis Aquatics"
- 90° warm water pool

Cost: Call for details and schedule.

**Kenosha YMCA**7101 53<sup>rd</sup> Street, Kenosha

262-654-9622

[www.kenoshaymca.org/](http://www.kenoshaymca.org/)

Services offered:

- Aerobic and other exercise classes, including classes geared for seniors
- Indoor walking/jogging track
- Fitness center and weight training
- Pool facilities and water fitness classes.

Cost: Call for membership rates and information. Senior rates are available.

**Piece of Cake Fitness**

414-248-0648

6727 31<sup>st</sup> Avenue, Kenosha[www.pieceofcakefitness.com](http://www.pieceofcakefitness.com)

Services offered:

Personal fitness business, serving all seniors, including those with memory issues, with Doctor's release. Certified Senior Fitness, offering personalized, in home fitness training (within 20 miles of Kenosha) to fit the client's needs. Works with caregivers and clients to create an exercise plan, designed to help build and keep muscle and strength and emotional benefits of exercising.

**Rec-plex**

9900 Terwall Terrace, Pleasant Prairie

262-947-0437

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

Services offered:

- Aerobic and other exercise classes, including classes geared for seniors
- Indoor walking/jogging track
- Fitness center and weight training
- Pool facilities and water fitness classes.

Cost: Call for membership rates and information. Senior rates are available.

Disclaimer:

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You can also contact the Better Business Bureau by phone: 1-800-273-1002 or access their website: [www.wisconsin.bbb.org/](https://www.wisconsin.bbb.org/)