



INDOOR EXERCISE OPTIONS

Looking for great indoor walking locations? America On the Move in Fort Wayne (AOM) 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 rather a reference list. If you have questions or suggestions to grow these locations, contact Marsha Worthington RN at 260- 481-4868 or email: marsha@fvcadio.com

Agency

Description of Offering

Academy of Sports & Health Centre (ASH Centre)
1701 Freeman Street
436-1507

8-10 am Mon. – Fri. **FREE** Register on sign-in sheet and **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
427-6461

“Silver Striders Walking Group” 8-9 am M & F
Call 427-6461 for walking locations. Rainout location is at Glenbrook Mall (lockers by Sears)

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 the Food Court or upper level doors by Sears & Charlotte Russe

Kingston Care Center
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.

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

Walking Track in Gym (Schaefer Center) 8 am-2pm M-F, 10 am-4 pm Sat. & 1-4 pm Sun. **FREE**

Mt. Calvary Lutheran Church
1819 Reservation Dr. 747-4121

7-9 am M, W, F Walk in Gym **FREE**
(located across from Miami Middle School)
Free blood pressure screening on M, W, & F

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

Walking Track only, 3 months, \$40
M-F 5 am-8 pm; Weekends 7 am-2pm

Spiece Fitness
5310 Merchandise Dr
483-1415

Walking Track \$15/month or \$3/visit
M-Th 5 am-10pm; Fri. 5 am-9pm; Sat 7am-7pm
Sun. 8 am- 6 pm

SEE MORE LOCATIONS ON REVERSE SIDE

Saint Joseph United Methodist Church
6004 Reed Road
485-9681

9 am- 5 pm M-F. **FREE** Enter main entrance (by cross and flame sign) Sign in at office in entry and follow the walking map.

Steppin' Up Physical Therapy/Worthman Office Mall
5800 Fairfield Ave., Suite 150
744-5585

8 am- 4 pm M-F **FREE** Indoor walking/optional stairs. Check in at Steppin' Up office on the ground level, suite 150

The Chapel
2505 W. Hamilton Rd.
625-6200

8 am to 4 pm M-TH, 8 am- 1 pm Fri. **FREE**
Must show AOM ID. Enter Door #10 & Check in with receptionist—walk main level only.

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.

FITNESS CLUBS

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

Agency

IPFW Athletics Center
IPFW Campus
481-6655
www.ipfw.edu/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.

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 Wellness Center is in the Schaefer Center

Spiece Fitness
5310 Merchandise Dr.
483-1415

M-Th. 5 am-10pm; Fri. 5 am- 9pm; Sat. 7 am-7 pm; Sun. 8 am- 6 pm.; **Show AOM ID** for 50% discount off enrollment fee when joining.

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-F 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
Renaissance Pointe 447-4567
Whitley County Branch 260-244-9622

AOM members pay ½ the guest fee at any YMCA of Greater Fort Wayne location when presenting their AOM ID. Walking tracks, swimming pools & child watch services are available, as are fitness classes for all ages. Financial assistance available.

