

Exercise Options for Seniors



Free or Low Cost Exercise Options

Sit and Be Fit

www.sitandbenefit.org/

A senior exercise and fitness show on public television.

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

Channel 20/20.1 WYCC-Chicago, Monday- Friday, 7:30am.

*New Streaming Club, access to workouts whenever, wherever you want

www.sitandbenefit.org/streaming/ for \$7.99/month.

Go for Health <https://go4life.nia.nih.gov/workout-videos/>

Physical activity is an important part of healthy aging. Try these *Go4Life* workout videos to help you fit exercise and physical activity into your daily life.

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 52nd Street, Kenosha

262-654-6200

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

**Must have a Senior membership, which is currently free for seniors 60+yrs. Call for details and benefits this membership offers.

Kenosha County Human Services Building

8600 Sheridan Road, Kenosha

Hours: Monday- Friday, 7:00am - 5:00pm

Kenosha County Center

19600 75th Street, Bristol

Hours: Monday- Friday, 7:00am- 5:00pm

Senior Centers

Kenosha Senior Citizens Center

2717 67th Street, Kenosha

262-359-6260

www.kusd.edu/departments/kenosha-senior-center

Offers exercise classes, dance, dance lessons, and Tai chi. Members can swim at Reuther High School Tuesdays and Thursdays, 7:00 a.m. to 9:00 a.m., for small additional fee. Winter swim offered September through May is free. Call for full details.

Westosha Senior Community Center

19200 93rd Street, Bristol

262-891-3436

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

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

- 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.

Cost: Call for details and schedule

Diver Dan's Scuba & Aquatic Center

3927 30th Avenue, Kenosha

262-652-9399

www.diverdan.com/

Services offered:

- Water exercise classes
- Arthritic/fibromyalgia, "Stretch N Tone", Water Aerobics
- 90° warm water pool

Cost: Call for details and schedule.

Kenosha YMCA

7101 53rd Street, Kenosha

262-654-9622

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.

Morning Hydrotherapy

Jane Vernon School

8518 22nd Avenue, Kenosha

262-654-6485

Call Linda Metallo for more information.

Piece of Cake Fitness

414-248-0648

6727 31st Avenue, Kenosha

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 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/

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.

Reuther Senior Swim program

Reuther High School

913 57th Street, Kenosha, WI

Open Tuesday and Thursdays from 7:00am-8:30am, during the school year and is free to all Senior Center members. If you want to swim over the summer you need to sign up with the Lifeguard at the pool, then the cost is \$25.00 and is paid directly to the lifeguard before the summer session begins in mid June.

Disclaimer:

This information is believed to be accurate as of the date of the last update. The Aging & Disability Resource Center (ADRC) may not be held responsible for using this information in a way it was not meant to be used. The ADRC does not recommend or screen the business or services, and is not responsible for any business policies. Please use your judgement when calling for services, getting estimates, checking references and licenses. For professional license information, you can contact the Wisconsin Department of Regulation and Licensing by phone: 608-266-2112, or access their website: online.drl.wi.gov/LicenseLookup/LicenseLookup.aspx

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