

* indicates that fees may apply ! indicates that organization is a Healthy Community Alliance Partner

LOCAL ACTIVE LIFESTYLE RESOURCES

America Multisport!*

Organizer of competitive running and walking events in East Central Indiana as well as across the United States. Events for beginners and experienced athletes.

<https://americamultisport.com/about-us-2/>

Aquatics program at IU Health Ball Memorial Rehabilitation Center!*

Aquatic Therapy provides benefits for patients of all ages, including those with back injuries, arthritis, fibromyalgia, and balance disorders. Pool is heated to 93 degrees. Aquatic classes and open pool times also offered.

Phone 765.751.2555 iuhealth.org/ball-memorial

Blackford Greenway, Hartford City

FREE 1.94 mile, 10 foot wide asphalt multi-use path connecting Needler's/ Pizza King Plaza and Blackford High School, through beautiful countryside.

Boys and Girls Club!

Offers health and nutrition programs for all ages. BGCM also offers team-based sports programs for all genders and all ages.

<https://www.bqcmuncie.org/programs/>

BSU Adult Physical Fitness Program!*

The Adult Physical Fitness Training Center is designed for adults who can be classified as low or moderate risk for developing cardiovascular disease.

Phone 765-285-1140

<http://cms.bsu.edu/academics/collegesanddepartments/cepp/adult-fitness>

Buley Center!

Gathering place for people of all ages. Offers a **FREE** youth Karate program and **FREE** adult Zumba program.

<http://www.buleycenter.org/about/>

Cardinal Greenway!

Offering **FREE** use of 62 miles of paved trail for walking, running and cycling. Special events include Walk Indiana and Cardinal Greenway Bikefest.*

Phone 765-287-0399 www.cardinalgreenways.org



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Cardinal Zumba!

FREE nutrition counseling and Zumba Classes offered twice weekly.

<https://www.facebook.com/cardinalzumba/>

Christy Woods!

Outdoor teaching laboratory for BSU students as well as the public. This property features 17- acres of mature forest. Phone: 765-285-1208

<http://cms.bsu.edu/Academics/CentersandInstitutes/FSEEC/Properties/ChristyWoods/VisitorInformation.aspx>

CrossFit Whiteriver!*

Full Access CrossFit facility that offers challenging classes from beginner to advanced. <http://www.crossfitwhiteriver.com/index.html>

Daleville Town Hall Park and Splash Pad

Offers **FREE** outdoor activities featuring playgrounds, a splash pad and paved walking trail. <https://www.facebook.com/pg/dalevilletownhallpark/about/>

Delaware County Futbol Club!*

DCFC helps to teach soccer to the youth of Delaware County. Children can participate in 1 to 3 programs depending on age, interest and skill level. Program ages with this club range from 3-17. DCFC also has scholarship options available.

<http://www.dcfcsoccer.org/>

Hartford City Parks!

Five parks located throughout town each offering their own unique activities ranging from swimming to skateboarding. <http://www.hartfordcity.net/parks-department/>

Montpelier Civic Center*

Fitness equipment, gymnasium, classes and more open to the community.

Phone 765-728-2600 <http://www.montpelierciviccenter.org/>

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Montpelier Parks!

Two parks offering children's playground, basketball court, fishing and exercise trail. <http://montpelier-indiana.com/parks/>

Morrows Meadow- Yorktown*

Public location for many events throughout the year and location offers pavilion facilities available for reservation. Phone: 765-759-4003

<http://www.yorktownindiana.org/department/division.php?structureid=42>

Muncie Mall!

FREE Mall Walkers program offers the ability for walkers to start walking one hour before the mall opens each day. Hours for this location are subject to change.

<https://munciemall.com/hours>

Muncie Parks!

28 Public parks located throughout Muncie each offering something unique.

<http://www.cityofmuncie.com/Parks-muncie.htm>

Muncie Senior Center

Provides all persons 55 and older with educational, recreational, health and social activities. Phone: 765-289-0844

<http://www.muncieseniorcenter.org/contact/>

Muncie Sportsplex!*

The Muncie Sportsplex offers 5 ball diamonds, 10 soccer fields, and a cross country course. This facility hosts a variety of leagues and tournaments for all ages. <http://munciesportsplex.website.siplay.com/about>

Purdue Extension!

Community Wellness Coordinators collaborate with community partners on broader community change that involves policy, system and environmental initiatives, including trails and parks, school fitness initiatives and Active Living.

<http://www.purdue.edu/hhs/extension/default.aspx>

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Red Tail Land Conservancy!

Dedicated to connecting people to nature for conservation. Red-Tail protects over 2700 acres of natural areas and farm land. For information on which properties are open to the public, their accessibility and volunteer options visit:

<http://www.fortheland.org/land/> Phone: 765-288-2587

Ross Community Center!

Offers Judo programs, a form of martial arts, for kids, youth and adults.

Phone 765-747-4741

<http://www.rosscentermuncie.org/programs/>

Silver Sneakers at YMCA

Senior group fitness activities based at the YMCA through membership.

http://www.muncieymca.org/programs/?class0=Senior%20Programs:Silver%20Sneakers&submenu=senior_programs

Tuhey Pool*

Public pool located at Muncie's Tuhey Park on Whiteriver Blvd.

<http://www.cityofmuncie.com/TuheyPool.htm>

YMCA of Muncie!*

Fitness centers, child watch, family activities and more open to all members.

Phone 765-288-4448 <http://www.muncieymca.org/>

Warner Fit (Studio 22)*

A private fitness and nutrition center which offers all levels of training at their locations in Muncie and Yorktown. Phone: 765-288-0226

http://bradwarnerfit.com/#!/START_HERE!

Worthen Arena!

Walkers are welcome Monday- Friday 7am-7pm unless an event is scheduled.