



- Adults: Aim for 30 minutes or more daily
- Children: Aim for 60 minutes or more daily
- Choose activities you enjoy

Note: Schedules, options, and fees are subject to change. Call for most current information or stop in to see the facilities and learn more about all the programs offered

Home Activity Suggestions:

Walk, Dance, Bike, Garden/Yard Work, Play Outside

Community Fitness Resources:

Organization	Fitness Options	Contact/Cost Info
CORE/EI Centro 611 W. National Ave. 4 th Floor www.core-elcentro.org	Classes: Yoga, Nia, Zumba, QiGong, Capoeira. Schedule varies. (Monday –Saturday) Children’s activities offered during some classes.	(414) 384-2673 Cost varies based on family income (\$5- \$30/month for unlimited classes)
United Community Center 1028 S. 9 th St. www.unitedcc.org	- Fitness Center (M-F: 8 am - 8 pm, Sat: 8 a.m.-Noon) - Classes: Zumba, Aerobics, Body Boot Camp, Capoeira - Boxing Program - Senior Center offers fitness activities for participants - Childcare for members (M-F, 12 - 8 pm, \$1/child/hour)	(414)384-3100 Fitness Center Membership: Adult: \$100/year Family: \$150/year Seniors \$25/year College Student: \$75/year Youth (Age 14-17): \$50/year - Separate fees for classes, athletics, and boxing program
Kosciuszko Community Center 2201 S. 7 th St. www.county.milwaukee.gov/kosciuszkoCenter10370.htm	- Weight room (ages 13+) - Gym- Running, walking, basketball - Karate classes, Dance classes - Boxing Program/Open Boxing	(414) 645-4624 Annual use fee for county residents: Adults: \$31.68, Age 13-17: \$21.12, Children: \$13.73
Pulaski Pool 2701 S. 16 th St. (Milwaukee County Pool)	-Water exercise/lap swimming -Open swimming schedule -Swimming lessons Hours: 9 am- 9 pm M-F 12– 5 pm Sat and Sun	(414) 645-2328 Fees: Adults-\$2.75-\$3/time Children: \$1.50-\$2.00/time Swim lessons: \$32.50/series Multi-day and annual passes
South Division Pool 1515 W. Lapham St.	-Water exercise/lap swimming -Swimming lessons -Call for days/times for open swim	(414) 902-8377 Open swim is FREE Swimmers must wear swim cap – can buy there for \$2

MPS Recreation Dept. www.MilwaukeeRecreation.net	Variety of fitness and enrichment classes for youth and adults	(414) 475-8180 Reduced fees for Milwaukee
Planet Fitness http://www.planetfitness.com	Gym-Fitness Open 24 hours a day, 7 days a week	(414) 10\$ Month and guest are free!
YMCA Southtown Center 3720 S. 27 th St. www.ymcamke.org	<ul style="list-style-type: none"> - Fitness center - Y Circuit Training - Classes: Tae Kwon Do, Capoeira, Yoga, Latin dance, Zumba Hours: M-F: 8 am - 9 pm Saturdays: 8 am - 5 pm	(414) 817-9622 Stop in or call for membership rates. Some classes free to members, others have a fee. Community members are welcome to take 10-12 week sessions for a fee. (\$36-\$100 –varies by class)
Mitchell Park Domes 524 S. Layton Blvd.	Three domes (Tropics-Desert-Special Exhibit) with walking paths to view plants. A great place in the winter- or any season. Hours: M-W: 9am-5pm; Th: 9am-9pm; F-Su: 9am-7pm (unless there is a rental)	(414) 649-9800 Fee: Adults - \$5.50 Children (6-17)- \$4.00 Children under 5- free Seniors - \$4.00 Students- \$4.00 Free Mondays 9am-12:00 pm to Milwaukee County residents.
Journey House 2110 W. Scott St, next to Longfellow school	Center for Family Learning and Youth Athletics. Many activities free, varied hours. Lots to do; Classes, field trips, sports, etc.	www.journeyhouse.org 414-647-0266
Hank Aaron Trail-DNR Starts: Miller Park Ends: at Lake Michigan www.hankaaronstatetrail.org	Multi-use marked route for walking, running, biking, in-line skating (trail and city streets).	Trail Manager (414) 263-8559