

Physical Activity Resource Guide-

Chair Yoga

Park Falls Public Library- 121 4th Ave North Park Falls, WI; 715-762-3121

- ❖ Each Tuesday from 9:30-10:15am
- ❖ Contact Briana Garrision at 320-221-3455 or blgarrison@gmail.com for more information
- ❖ Held at Tuscobia Park in Summer months

Chequamegon School District Fitness Center & Pool

Chequamegon High School- 420 9th St N Park Falls WI; 715-762-2474

*Enter through door 12 in the rear of the High School

- ❖ Fitness center-
 - Morning hours: Monday- Friday 5:30-7:30am
 - Afternoon hours: Monday- Thursday 4-7:00pm
- ❖ Pool-

**The pool is open during the below hours November 1st-April 15 and is closed throughout the summer months. **

 - Lap Swim- Monday, Wednesday, & Friday- 5:30-6:30am
Tuesday & Thursday 5:30-7:30am
 - Open Swim- Tuesday & Thursday 4-6:00pm
2nd & 4th Sunday of the Month 2-5:00pm
 - Water Aerobics- Monday, Wednesday, & Friday 6:45-7:45am
 - Aqua Zumba with Angelina- Tuesday & Thursday 4:30-5:15pm
- ❖ Memberships:
 - Annual Single-\$150, Annual Family- \$250, monthly- \$30, 4 visits-\$20
- ❖ Contact Gabe Zielke at 715-762-2474 ext. 2280 or gzielke@csdk12.net for more information

Northern Lights Fitness Center & Pool

1113 S 4th Ave Park Falls, WI; 715-762-2406; info@northernlightsinn.com

- ❖ Gym equipment, pool, and hot tub available
- ❖ Open to the public 24/7, no lifeguard on duty
- ❖ \$5 daily pass, \$15 weekly pass, \$40 single month, \$50 couple month, \$60 family month



Ogema Walking

Ogema Library- W5005 WI-86 Ogema, WI; 715-767-5130

- ❖ Library welcomes anyone to come in and walk throughout the building, around 5,000 sq feet of space available
- ❖ Library hours: Tuesday- Thursday 10-6:00pm, Friday & Saturday 9-12:00pm, closed Sunday & Monday

Park Falls Community Pool

310 5th St N Park Falls, WI; 715-762-2311

- ❖ Heated outdoor pool, shallow kiddie pool, shower house with changing rooms & lockers
- ❖ Lifeguard always on duty
- ❖ Season runs from Mid-June to Mid-August
- ❖ Contact pool for lesson schedule

Phillips Community Pool

990 Flambeau Ave Phillips, WI; 715-339-2143

- ❖ Aerobic classes- 45-minute classes Cost: \$5/class
 - Morning Energizer Class- Tuesdays & Thursdays 9-9:45am
 - Arthritis Aquatics Program- Tuesdays & Thursdays 10:45-11:30am
- ❖ Lap Swim- Monday- Friday 6-8:00am
- ❖ Open Swim- Monday-Friday 3:45-7:00pm; Saturday 12-4:00pm
- ❖ Summer 2023 Open Swim hours- Monday-Friday 2-7pm; Open swim cost- \$2 for child, \$3 for adult

Phillips Health and Fitness

137 N. Lake Ave Phillips, WI 715-551-2438; biczkows@pctcnet.net

- ❖ 24-hour key card access
- ❖ Rates for 2023: daily-\$10, weekly-\$20, monthly- individual- \$28, Senior/Student-\$24, Husband/wife-\$38, Family-\$56
- ❖ Access cards: \$10 per person, replacement cards-\$15

Phillips Walking

Phillips Armory- 152 S Eyder Ave Phillips, WI

- ❖ Armory is available for walking during open hours, subject to availability due to outside events
- ❖ Typical hours- Monday- Thursday 8am-4:30pm; Friday 8am-12pm

Pickleball

Phillips High School-Spring, Summer and Fall open gym- 900 Flambeau Ave
The old Phillips Elementary School-Winter open gym – 400 Turner Street

- ❖ Each Monday, Wednesday, & Friday from 8-10:00am; additional time from 10-11:00am to focus on beginners
- ❖ Evening sessions-Wednesdays 6-8:00pm & Sundays 4-6:00pm intermediate/advanced skill level
- ❖ Paddles and balls available for use
- ❖ Contact John at 715-428-2297 for more information

Park Falls Public Library-121 4th Ave North Park Falls, WI; 715-762-3121

- ❖ Wednesday 12:30-2:30pm (depending on library availability)
- ❖ Contact Sue Falstad at 715-762-2170 for more information

Pike Lake Exercise Group

Pike Lake Fire Hall N14885 Shady Knoll Road, Fifield WI

- ❖ Tuesdays & Thursdays 9-10am
- ❖ Participants socialize, follow an exercise video, and do activities at their own pace
- ❖ Contact Anne Sloane at 414-731-3131 for more information

Recreational Trails

There are a number of local recreational trails that offer space for snowshoeing, skiing, hiking, and biking. The trails are listed below, more information can be found online.

- ❖ Flambeau Hills
- ❖ Palmquist Farm
- ❖ Phillips School Forest
- ❖ Solberg/Squaw Creek
- ❖ Round Lake Trail
- ❖ Newman Springs Trail
- ❖ Wintergreen Trail

- ❖ High Point Trail
- ❖ Timm's Hill Trail

Strong Bodies Programs (Evidenced based strength training class)

Managed by Price County Health and Human Services-104 S. Eyder Ave Phillips, WI; 715-339-2158

- ❖ Classes offered in Catawba, Ogema, Park Falls, Phillips, and Virtually
- ❖ Multiple sessions throughout the year
- ❖ Suggested donation of \$25 per session (Winter, Spring, Fall, Summer)
- ❖ Contact Cheyanne Litvinoff at 715-339-2158 or cheyanne.litvinoff@co.price.wi.us for more information

Yoga Flow

Park Falls Public Library- 121 4th Ave North Park Falls, WI; 715-762-3121

- ❖ Thursdays from 5-6:00pm (unless library has other events occurring)
- ❖ Contact Briana Garrison at 320-221-3455 or blgarrison@gmail.com for more information
- ❖ Held at Tuscobia Park in Summer months

Yoga at Forward Bank

Forward Bank in Phillips- 366 N Lake Ave, Phillips, WI; 715-339-3223

- ❖ Tuesdays & Thursdays at 9:30am
- ❖ Taped session from instructor- cost is \$1 per class
- ❖ Live session with instructor occurs once every other week- cost is \$5 per class
- ❖ Participants can show up and join. No need to call ahead

If you are aware of any physical activity opportunities within Price County that are not listed above, feel free to contact Cheyanne Litvinoff at 715-339-2158 or via email at cheyanne.litvinoff@co.price.wi.us