

Community Exercise Opportunities!



Kickapoo Fitness Center

Lucas Holmes, Fitness Coordinator
486-2260, Mon & Weds: 10:30 am -6:30 pm
Tues, Thurs & Fri: 9 am – 5 pm
Treadmill, Elliptical, Stationary bike, Weights &
Exercise Classes.

Mission Lake Fitness

Treadmill, Elliptical, Stationary bike, Weights
& Access to golf course
Available: 24/7 *Membership required
Call Carl Gasper at 785-548-5069 for more info.

Kickapoo BGC

486-6600 Walking laps
Available: 10am to 12pm & 1pm
to 3pm, Monday - Friday

Horton Armory

785-487-2633 Walking laps
Available: 1pm to 3pm,
Monday - Friday

Mac's Legacy Fitness/Zwonitzer Health & Fitness Facility

Julie Keehn, 785-851-7036, Netawaka, KS *Membership required
Cardio, Weights, Circuit Training, Swimming, Aerobics, Water
Aerobics w/ 24 hr access. *GRAND OPENING 8/10/13!*