

<b>WHERE</b>	<b>WHAT</b>	<b>COST</b>	<b>DETAILS</b>
Auburn University Campus	AU Campus Walking Trails – Follow the Paws	FREE	<a href="http://www.auburn.edu/administration/business-finance/healthytigers/walkingtrails.html">http://www.auburn.edu/administration/business-finance/healthytigers/walkingtrails.html</a> 334-844-4099
Auburn University Coliseum	Indoor Walking and Stair Climbing	FREE	Open to the public from 8:00 AM – 9:00 PM
Auburn Aquatics Center	Pool	See website for hours and cost	<a href="http://aquatics.auburn.edu/membership_rates/membership_rates.htm">http://aquatics.auburn.edu/membership_rates/membership_rates.htm</a>
Auburn Parks and Recreation	Auburn Stride Walkers	FREE	Mondays, Wednesdays, Fridays 9:00 AM – 10:00 AM Walking schedules are posted on <a href="http://www.auburnalabama.org/parks">http://www.auburnalabama.org/parks</a>
Auburn Parks and Recreation	Silver Sneakers Classic	FREE	Mondays 9:00 AM – 9:45 AM – Harris Center Registration Required each term – Class description on website <a href="http://www.auburnalabama.org/parks">http://www.auburnalabama.org/parks</a> Contact: Elizabeth Kaufman (334) 501-2939
Auburn Parks and Recreation	Zumba Gold	FREE	Wednesdays, Thursdays 8:30 AM – 9:30 AM Harris Center Class description on website: <a href="http://www.auburnalabama.org/parks">http://www.auburnalabama.org/parks</a> Registration Required Contact: Gabby Filgo (334) 501-2946
Auburn Parks and Recreation	Seated Zumba Gold	FREE	Wednesdays, Thursdays 9:30 AM – 10:00 AM Harris Center Class description on <a href="http://www.auburnalabama.org/parks">http://www.auburnalabama.org/parks</a> Registration Required Contact: Gabby Filgo (334) 501-2946
Auburn Parks and Recreation	Fitness options for Adults 50+ And Fitness Options All ages	Some Free and Some minimal charge	Visit <a href="http://www.auburnalabama.org/parks">Auburnalabama.org/parks</a> To find quarterly brochure of classes/descriptions/cost <a href="http://www.auburnalabama.org/parks">http://www.auburnalabama.org/parks</a>
Auburn Parks and Recreation	Bicycle Loaner Program	FREE	Auburn residents and visitors can borrow bicycle and helmets for up to two weeks for free. Details: <a href="https://www.auburnalabama.org/cycle/bike-share/">https://www.auburnalabama.org/cycle/bike-share/</a> 334-501-3029
Boykin Fitness Center	Fitness Center – Gym 410 Boykin Street Auburn, AL	Gym memberships purchased at the Frank Brown Recreation Center	<a href="https://www.auburnalabama.org/community-development/boykin-community-center/boykin-fitness-center/">https://www.auburnalabama.org/community-development/boykin-community-center/boykin-fitness-center/</a> 334-501-2930

	Cardio room, free weights, strength room	Monday-Friday, 8 a.m. – 5 p.m.	Citizens living or working in Auburn can become a member for a one-time fee of \$25. This includes an access card for entry into the Frank Brown Fitness Center and the Boykin Fitness Center.
Frank Brown Fitness Center	Fitness Center – Gym 235 Opelika Road Auburn, AL Cardio room, free weights, Strength room	Gym memberships can only be purchased at the Frank Brown Recreation Center M-F 8a-5p	<a href="https://www.auburnalabama.org/parks/facilities/frank-brown-recreation-center/frank-brown-fitness-center/">https://www.auburnalabama.org/parks/facilities/frank-brown-recreation-center/frank-brown-fitness-center/</a> 334-501-2930 Citizens living or working in Auburn can become a member for a one-time fee of \$25. This includes an access card for entry into the Frank Brown Fitness Center and the Boykin Fitness Center.
Greater Peace Baptist Church Opelika	Fitness Classes	\$50 per quarter	3 fitness classes per week Call 334-749-9487 for more information
Jule Collins Museum Auburn, AL	Walking path	Free	Walking path on the museum grounds
Kiesel Park Auburn, AL	Park	Free	Pavilion, garden, pond and 2.25 mile walking trail Located at 520 Chadwick Lane
Kreher Preserve and Nature Center	Nature Walks	Free	Nature Walks are hosted at 8:30 AM on the second Thursday of each month and are for adults only.
Online	Online Exercise Videos	Free	Doyogawithme.com Go4Life Exercise You Tube videos ( <a href="http://www.youtube.com/playlist?list=PLCCD15A44D95DBCDF">http://www.youtube.com/playlist?list=PLCCD15A44D95DBCDF</a> ) Free exercise information <a href="https://www.nia.nih.gov/health/exercise-physical-activity">https://www.nia.nih.gov/health/exercise-physical-activity</a>
Opelika Sportsplex	Exercise Classes/Pool/Activity Rooms	Pay	334-705-5560
Providence Baptist Church Walking-Fitness Trail	Trail around the church with different work out stations	FREE	2807 Lee Road 166 Opelika, AL 334-745-4608
Silver Sneakers	Benefit included in some Medicare health plans	Free if eligible	Check Availability: <a href="https://www.silversneakers.com/benefits/how-do-i-get-it">https://www.silversneakers.com/benefits/how-do-i-get-it</a>
Southern Union Track	Outdoor running/walking track	Free	Located behind Southern Union State Community College Open and lit until 10:00 pm
Town Creek Park	Gravel walking trail	Free	Walking trail with exercise stations located along the sides of the trail Begins on end of South Gay Street Open from sunrise to sunset