

Community Exercise Program Resource List



SILVER SNEAKERS

SilverSneakers is a fitness program for seniors included with many Medicare Advantage plans. The SilverSneakers network includes access to thousands of locally owned gyms. Check the website for eligibility and ID Number.

<https://www.silversneakers.com/join-in/>

PROGRAMS IN BOWLING GREEN

Bowling Green Community Center: (419) 354-6223

Address: 1245 W Newton Rd. Bowling Green OH 43402

<https://www.bgohio.org/departments/parks-and-recreation/community-center/silversneakers/>

- Offers basic membership with equipment and track use
- No time restrictions
- During summer you have access to the outdoor community pool
- Bring in Silver Sneaker ID number and sign up
(Hours vary)

Summer

Mon-Sat: 8am-3pm

Sun: 10am-5pm

Winter

Mon-Thurs: 5:30am-9pm

Fri: 5:30am-7pm

Sat: 8am-5pm

Sun: 10am-5pm

BGSU Recreation Center: (419) 372-2000

Address: 1411 Ridge Rd. Bowling Green OH 43402

<https://www.bgsu.edu/recwell/falcon-fitness/older-adult-fitness.html>

Older Adult Fitness and Aquatics Classes are included for those eligible through SilverSneakers. Renew Active and AARP Medicare Supplement Plan holders.

- Free fitness equipment orientation with personal trainer
- Pickelball at Student Rec Center
- Open walking at Perry Fieldhouse
- Bring in Silver Sneaker ID number to sign up or the BGSU staff can assist you in getting the ID number.

- Parking passes are \$18 a semester or \$30 for academic year (Hours Vary)

Summer

Mon-Fri: 5:30am-8pm
Closed weekends

Winter

Mon-Thurs: 5:30am-Midnight
Fri: 5:30am-9pm
Sun: Noon-10pm

St. Julian Fitness Center: (419) 354-5060

Address: 1234 N. Main St. Bowling Green OH 43402

- Classes are included and use of full gym
- No extra costs
- Bring in Silver Sneaker ID number to sign up or the St. Julian's staff can assist you in getting the ID number.
(Hours vary)

All year

Mon-Fri: 5:30am-10pm
Sat-Sun: 8am-5pm

Planet Fitness: (419) 806-4289

Address: 1135 S Main St. Unit 140 Bowling Green OH 43402

- Free classic membership (gym equipment)
- \$12 monthly fee for upgrade to Black Card Membership (gym, tanning, massage, 50% of drinks, bring a guest anytime)
- Bring in Silver Sneaker ID number and sign up
- No commitment

Open 24/7. Holidays vary

BALANCE & EXERCISE PROGRAMS

(Not covered by SilverSneakers)

Wood County Hospital Aquatic Exercise Classes: Ai chi & General Exercise

<https://www.woodcountyhospital.org/classes/aquatics/>

Wood County Commission on Aging monthly newsletter:

- National Committee on Aging A Matter of Balance Class
- Delay the Disease Class

<http://wccoa.net/>

Bowling Green Community Center: Tai Chi

<https://www.taoisttaichi.org/locations/toledo-bowling-green-community/>