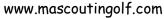
Get moving—Get fit!

GOLF

Lawsonia—Two 18-hole public courses; W2615 S Valley View Dr, Green Lake, 294-3320. www.lawsonia.com

Mascoutin—27-hole championship course, W1635 Co. Rd A, Berlin, 361-2360.



Tuscumbia-637 Illinois Ave., Green Lake, 294-3381.

Wisconsin's oldest golf course. www.tuscumbiacc.com

Far View Golf-N5709 St. Marie Rd., Green Lake.

294-6454. Golf practice range and 18-hole mini golf.

Disc Golf:

Berlin—Riverside Park

Green Lake—Green Lake Conference Center

Ripon- Murray Park (Call Ripon Rec Dept-748-4909)

Green Lake Conference Center (294-3323)



In addition to Lawsonia Golf Course, the Center offers a variety of activities, including horseshoes, swimming, outdoor tennis, basketball and volleyball, workout room facilities, bik-

ing, hiking, canoeing, kayaking and other boat rentals. Call for equipment rental and prices or log on to www.glcc.org.

Sponsored by

Green Lake Area Health & Wellness Coalition

www.uwex.edu/ces/cty/greenlake/flp/HealthandWellnessCoalition.html

The mission of the Green Lake Area Health & Wellness Coalition is to promote active and healthy lifestyles among residents in our community.—Updated 2008

Printing donated by Community Health Network



Get moving—Get fit!

Whether you're a resident or visitor to the Green Lake County area, you'll find that recreational opportunities, both indoor and outdoor, abound at all times of the year. Use this brochure, developed by the Green Lake County Area Wellness Coalition, to help you locate activities that interest you, your friends and family. Take advantage of what our area offers, enjoy the variety available, and Get moving—Get fit!

Local Community Recreation Offerings



Looking for a team sport? An individual sport? You'll find plenty of opportunities for all ages, from six to sixty-plus, offered through area recreation departments. To find out more, go to these City or Chamber websites:

Berlin—www.1berlin.com (361-3636)

Green Lake—www.visitgreenlake.com (294-3260)

www.cityofgreenlake.com (294-6912)

Markesan-www.markesanwi.com (888-584-7336)

Princeton—www.princetonwi.com (295-3877)

Ripon—www.cityofripon.com (748-4909)

www.ripon-wi.com (748-6764)

Green Lake County—www.glcountry.com (800-662-6927)

Hiking & Biking Trails

A variety of hiking and biking trails is available in the Green Lake County area. The trails range from short jaunts to extended rides of varying difficulty and terrain. To access specific information regarding trails, check out the Communities of Green Lake website, www.glcountry.com. You will also find excellent detailed maps for pedaling the Princeton area at www.princetonwi.com.



Get moving—Get fit!

Room to Breathe Studio/European Body Works (294-0990)

Private & group yoga & pilates classes. Green Lake. www.greenlakespa.com

Curves-Berlin (361-9049) Ripon (748-3334)

Health Connection—Berlin (361-1140)



Aerobic exercise classes at Green Lake City gym. Tues. & Thurs. 5:15 p.m.

Fitness & Aerobic Classes—Berlin (361-4406)

Shannon Harmon—early morning and evening classes, including kick boxing, above Hamilton's Shoe Store. 136 W. Huron St.

Personal Best Fitness and Spa—Princeton (295-4994)

Paul and Julie Metcalf, 436 W Water Street.

Pilates, Tai chi, Bosu, Dance, weight loss program.

Marigold Yoga— Ripon

Jenny Tumas, RRYT Yoga, Tai Chi, core conditioning for all ages and abilities.

www.marigoldyoga.com

Any Time Fitness Ripon (748-7880)

Open 24 hours a day, every day. www.anytimeripon.com

Green Lake Evensong Spa (294-3347)

Yoga classes. www.evensongspa.com

Ripon Medical Center (748-9138)

Independent fitness program, weight room & cardio machines. Open 24 hours a day, every day.



Get moving—Get fit!

Swimming Pools (Call for times)



Ripon High School (748-4616) Miller Natatorium-Berlin, indoor (361-2004) Berlin Aquatic Center, outdoor (361-5426) Ripon College (748-8133)

<u>Indoor School Walking</u> (When school is in session.)



Berlin High School 4 p.m.—8 p.m. M-F.
Use west side door by greenhouse. Nov.1-Apr. 1
Markesan School 3:30-5 p.m.

Princeton High School 6 a.m.-7 a.m.

Ripon High School 3:30—8 p.m. M-F.

Use front doors

Area School Fitness Facilities

Green Lake High School Fitness Center

Open year round M-F 5-8 a.m.; M-Th 5-8 p.m.; Sat. 7-11 a.m. Trainer on duty.

Markesan School Cardio—Weight Rooms

Open to public Mon. & Thurs. 3:30-5 p.m., Tues. Wed., Fri. 6:30-7:30 a.m., Tues., Wed., Fri. 3:30-5 p.m., Mon.-Thurs. 6-8 p.m., Cardio room open Sat. 7-9 a.m. & Sun. 5-7 p.m.; Weight room iopen Sat. 10 a.m.-noon & Sun. 6-8 p.m. Closed on holidays and when school is closed due to inclement weather.

Ripon High School Weight Room

Open to adult public 3:45-5:45 p.m. Tues. and Thurs. school days

Ripon College Storzer Center (748-8133

Community memberships available. Pool, weight room with fitness equipment, racquetball, gym, and tennis courts.

