

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)

The Fitness Firm (361-2676)

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.

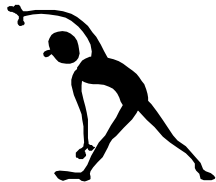
www.anytimeripon.com

Green Lake Evensong Spa (294-3347)

Yoga classes. www.evensongspa.com

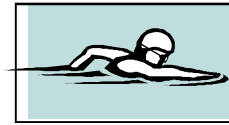
Ripon Medical Center (748-9138)

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



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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)

Indoor School Walking (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.

