

Enjoy what schools offer

How long has it been since you learned a new sport or a new way of being active? Part of the joy of living is learning how to do new things! When you discover an activity you love, whether it's yoga, step aerobics or weightlifting, you stop thinking of exercise as a chore. You look forward to lacing up your athletic shoes because it's your time to play!

Many area schools offer opportunities for physical activity.

Cuba City 744-8888
outdoor track, yoga classes

Fennimore 822-3245
outdoor track
walking in high school 6-7:30 am
open gym Wednesdays 7-9 pm
weight room 6-8 pm on M, W, & F

Iowa Grant, Montfort 943-6311
walking inside the middle school 4:00-8:00 pm, weekdays

Lancaster — Winskill 723-2175
outdoor track
walking inside November 1st to 2nd Friday in April, weekdays from 4:00-7:30 pm, except for conflicting school activities

Potosi 763-2162
outdoor track
community walking inside starts Nov. 1 – 6-7:30 am & 5-8 pm

River Ridge – High School, Patch Grove 994-2715
men's basketball – Wed. eve. starting in Nov.

River Ridge – Middle School, Bloomington 994-2715
women's volleyball – Wed. eve. starting in Sept.
outdoor track

Riverdale, Muscoda 739-3832
outdoor track at high school
walking inside the elementary and high schools weekdays before school 6:30-7:30 am
weight room available for ages 18 and older

Southwestern, Hazel Green 854-2261
outdoor track
walking
open gym
weight room

Southwest Tech, Fennimore 822-3262

community members can use the Fitness Center for monthly membership fee of \$15
www.swtc.edu

UW-Platteville 342-1568

monthly, semester and annual memberships are available for the Pioneer Activity
Center

fees vary by type of membership

www.uwplatt.edu