



Open 24/7

Offers Zumba Classes and a variety of workout equipment.

Personal Trainer available.

106 US-30 Business, Toledo

(641) 484-5515

anytimefitness.com



Classes offered daily.

Classes held at USDA Building

104 Hwy 30 West, Toledo

Check out on Facebook:

Zumba Fitness with Kellee



Offering weights, kettle bells, treadmills, stationary bikes, stair steppers, elliptical and much more!

Kettle bell classes available.

608 Wilson Street, Dysart

(319) 476-5637

Check out on Facebook: **Joe's Gym**



Open 24/7

Offers Weight Lifting, HITT Training, Yoga, and workout equipment.

Personal Trainer available.

210 W. 3rd Street, Tama

(641) 481-7222

247flexfitness.com

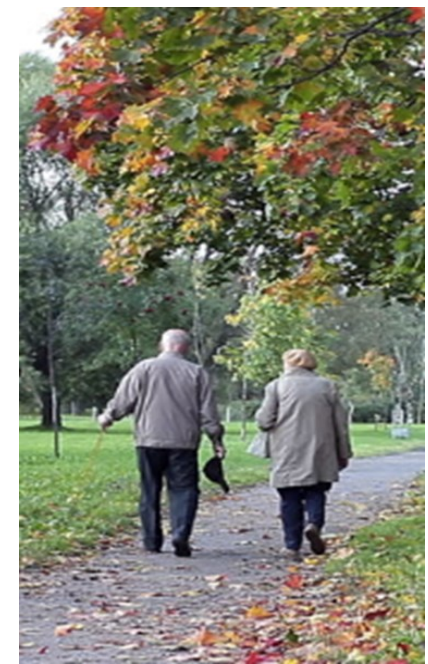


Northeast Iowa Area Agency on Aging offers Seniors in Motion every Tuesday & Friday from 8:45 a.m. to 9:45 a.m.

Tama Civic Center

300 Siegel Street, Tama

(641) 484-3839



Physical Activity in Tama County

Brought to you by:

Tama County Public Health & Home Care

129 West High Street

Toledo, Iowa 52342

Phone: (641) 484-4788



Public Health
Prevent. Promote. Protect.

Parks & Trails in Tama County

Columbia Wildlife Area

Public hunting area, trail system and picnic tables.

Located 3.5 miles SE of Tama, on 370th Street.



Otter Creek Lake and Park

2.4 mile walking and biking trail, kayak and canoe opportunities, and geocaching location.

Located 6 miles NE of Toledo, 2283 Park Road.



South Tama Recreation Trail

Located on Cherry Lake
5.6-mile trail

Trail end points: Ross St. East of Heritage Ct. (Toledo)
US 63 and Cherry Lake (Tama)



Offering: Biking, walking, wheelchair, cross-country skiing.

T. F. Clark Park

Campground, playground, picnic and hiking opportunities, ball fields, and nature Observation.

April- November 4:30 a.m. - 10:30 p.m.

Located 3.5 miles N.E. of Traer in the SE 1/4, Sec 25, Buckingham Township, east of Highway 63.

Toledo Heights Park

Baseball fields, soccer fields, playgrounds, disc golf, trails for biking, and walking.

Located at Heritage Circle in Toledo.

Union Grove Lake

Camping, trails, lake activities, bird watching.

Located at 1215 220th Street, Gladbrook.



Wolfe Creek Nature Trail

2.75 mile trail, open 24/7 along abandoned railroad right of way.

The trailhead begins on the north end of Gladbrook directly behind the Tama County maintenance shop.



Other places in Tama County to Exercise

St. Patrick's Catholic Church

Public is welcome to walk at the indoor public gymnasium between 8 a.m.- 4 p.m. Monday-Thursday & 8 a.m. - 12 p.m. on Fridays.

*During special events, gymnasium will be closed.

Located at: 900 Park Street, Tama.
(641) 484-3039

Swimming/Water Aerobics

Designer Inn & Suites

Public may register at the hotel desk for swimming and water aerobics fitness.

Hours: 8 a.m.- 10 p.m.

\$3 swim fee is charged for each swim.

403 West Business Hwy 30, Toledo.

(641) 484-5678

Tama-Toledo Aquatic Center

Offering early morning swim, water aerobics, swim lessons and family swim time. Open

June-August.

Located at 1306 S. Church Street, Toledo.



Dysart Family Aquatic Center

Has zero depth entry and alternate pool entry.

Offers swim lessons, water aerobics, lap swimming, and swim team. The pool is open June-August.

Located at 410 Lincoln Street, Dysart.



Traer Municipal Swimming Pool

Has zero depth entry. Offers swim lessons, water aerobics, and adult swim. The pool is open June-August.



Located at 400 Linn Street, Traer.