

Senior Fitness Resources (PSA 6 – East Central Indiana)

Blackford County

****Blackford County Senior Center**

101 S. Mill St.
Hartford City, IN 47348
(765)-348-4141
gov.blackfordcounty.org/pages.asp?PageIndex=368
Hours Vary

Services Offered:

Chair Exercise, Indoor Walking Club,
Strengthening and Mobility

Bridgewater Centre

715 N. Mill St.
Hartford City, IN 47348
(765)-348-2273
<https://www.inhcf.com/bridgewatercentre/home>

Services Offered:

Silver Sneakers Public Exercise Group
M, Tu, Th, F
9:30am – 11am
Call ahead for more info.

***Montpelier Civic Center**

339 S. Main St.
Montpelier, IN 47359
(765)-728-2600
www.montpelierciviccenter.org
M-W, F 11am-5pm
Th 2pm-7pm

Services Offered:

Cardiovascular Equipment, Basketball, Free
Weights, Resistance Training Equipment,
Track (Running/Walking), Active Older Adult
Group

Delaware County

***Anytime Fitness - Muncie**

3600 S. Chandler Dr.
Muncie, IN 47302
(765)-212-2321
<https://www.anytimefitness.com/gyms/1816/Muncie-IN-47302/>
Open 24 hours daily

Services Offered:

Cardiovascular Equipment, Resistance
Training Equipment

****Forest Park Senior Citizen Center**

2517 W. 8th St.
Muncie, IN 47302
(765)-289-0844
<https://www.facebook.com/Muncie-Delaware-County-Senior-Center-Forest-Park-Seniors-461641353907687/>
M-F 8am-3pm

Services Offered:

Dance Band

***Northwest YMCA**

3500 N. Chadam Ln.
Muncie, IN 47304
(765)-286-0818
www.muncieymca.org/locations/northwest-ymca/
M-Th 5am-10pm
F 5am-9pm
Sa 6am-8pm
Su 12pm-8pm

Services Offered:

Tennis, Group Exercise Classes, Active Older
Adult Group

*Free activities and/or membership for qualifying Medicare recipients enrolled in SilverSneakers®

**Free attendance for senior citizens; contact the agency for more information

***Planet Fitness - Muncie**

1301 E. McGalliard Rd.
Muncie, IN 47303
(765)-282-1120
www.planetfitness.com
M 12am – F 9pm
Sa-Su 7am-7pm

Services Offered:

Cardiovascular Equipment, Resistance Training Equipment, Free Weights

Studio Exhale Muncie

103 N. High St.
Muncie, IN 47305
(765)-760-8788
www.studioexhalemuncie.weebly.com
Hours Vary

Services Offered:

Chair Yoga, Beginner's Meditation, Beginner's Yoga (50+)

***YMCA of Muncie**

500 S. Mulberry St.
Muncie, IN 47305
(765)-288-4448
www.muncieymca.org
M-Th 6am-8pm
F-Sa 7am-7pm
Su 1pm-6pm

Services Offered:

Aqua Zumba™, ZumbaGold™, Deep Water Exercise, Healthy Aging (FREE) Program, Hydro Fit, Personal Training, SilverSneakers® (Classic, Circuit, Yoga, Splash, & CardioFit), Water Yoga, Wellness Center Orientation, Tennis, Cardio, Cardio & Strength, Track (Running/Walking), Active Older Adult Group

***Yorktown YMCA**

200 S. CR 600 W.
Yorktown, IN 47396
(765)-288-4448
www.muncieymca.org/index/locations/
M-F 6am-6pm

Services Offered:

SilverSneakers® (Classic), Cardio, Cardio & Strength, Zumba®, ZumbaGold™, Indoor Cycling, Pilates, Track (Running/Walking), Active Older Adult Group

Grant County

***Anytime Fitness - Marion**

1107 N. Forest Ave.
Marion, IN 46952
(765)-664-2222
www.anytimefitness.com/gyms/2362/Marion-IN-46952
Open 24 hours daily

Services Offered:

Cardiovascular Equipment, Resistance Training Equipment

***Grant County Family YMCA**

123 Sutter Way
Marion, IN 46952
(765)-664-0544
www.gcymca.org
M-F 5am-9pm
Sa 6am-5pm
Su 12pm-5pm

Services Offered:

SilverSneakers® (Classic), Cardio Classes, Aqua Fitness, Cardiovascular Equipment, Basketball, Free Weights, Resistance Training Equipment, Swimming Pool (Year-Round), Therapy Pool, Track (Running/Walking)

*Free activities and/or membership for qualifying Medicare recipients enrolled in SilverSneakers®

**Free attendance for senior citizens; contact the agency for more information

***Planet Fitness - Marion**

1129 N. Baldwin Ave.
Marion, IN 46952
(765)-400-2400
www.planetfitness.com/gyms/marion
M-F 10am-7pm
Sa 10am-4pm
Su 12pm-6pm

Services Offered:

Cardiovascular Equipment, Free Weights,
Resistance Training Equipment, Personal
Training

***The Wellness Center**

4411 S. Adams St.
Marion, IN 46953
(765)-674-4455
www.workingtokeepyouwell.com
M-Th 5:45am-9pm
F 5:45am-7:30pm
Sa 8a-1p

Services Offered:

Cardio & Strength Classes, Yoga,
Cardiovascular Equipment, Free Weights,
Resistance Training Equipment, Track
(Running/Walking), Walking, Body Fat
Analysis, Weight Management

Henry County

***Anytime Fitness – New Castle**

1713 S. Memorial Dr.
New Castle, IN 47362
(765)-521-3000
www.anytimefitness.com/gyms/2362/Marion-IN-46952
Open 24 hours daily

Services Offered:

Cardiovascular Equipment, Resistance
Training Equipment

***Henry County YMCA**

300 Wittenbraker Ave.
New Castle, IN 47362
(765)-529-3804
www.henrycountyyymca.org/
M-F 5:30am-9pm
Sa 8am-5pm
Su 1pm-5pm

Services Offered:

Cardiovascular Equipment, Free Weights,
Stretching, Group Fitness, Cardio Splash
(Water Class), Making Waves (Water Class),
Swimming (Indoor Pool)

***HealthRidge of Henry County Community Health**

2200 Forest Ridge Pkwy., Ste. 110
New Castle, IN 47362
(765)-521-1216
www.hchcares.org
M-Th 5:30am-8pm
F 5:30am-7pm
Sa 7am-12pm

Services Offered:

Cardiovascular Equipment, Resistance
Training Equipment, Free Weights, Hiking,
Walking, Body Fat Analysis, Personal Training,
Weight Management, Therapeutic Pool

Jay County

**** Jay Community Center**

115 E Water St.
Portalnd, IN 47371
(260)-726-6477
www.jaycc.org
M-F 6am-9pm
Sa 6am-5pm
Su 12pm-5pm

Services Offered:

SilverSneakers® (Classic), Senior Yoga,
Senior Cardio, Senior Get Fit Challenge,
“BOOM”

*Free activities and/or membership for qualifying Medicare recipients enrolled in SilverSneakers®

**Free attendance for senior citizens; contact the agency for more information

****West Jay Community Center**

115 E Water St.
PortalInd, IN 47371
(260)-726-6477
<http://thewjcc.wixsite.com/wjcc>
M-Su 4am-11pm

Services Offered:

Silver Foxes Exercise Class, Silver Foxes Fitness Group, Cardiovascular Equipment, Free Weights, Treadmills, Walking

Madison County***Anytime Fitness – Anderson**

1832 Applewood Center Dr.
Anderson, IN 46013
(765)-622-6363
www.anytimefitness.com/gyms/1260/Anderson-IN-46013
Open 24 hours daily

Services Offered:

Cardiovascular Equipment, Resistance Training Equipment

***Anderson Family YMCA**

28 W. 12th St.
Anderson, IN 46016
(765)-644-7796
www.ymcamadco.org/
M-Th 5:30am-9pm
F 5:30am-7pm
Sa 7am-5pm
Su 1pm-4:30pm

Services Offered:

SilverSneakers® (Classic, CardioFit, Circuit, Yoga), Cardio & Strength, Zumba®, Zumba® Gold, Pilates, Indoor Cycling, Senior Yoga, Cardio Classes, Cardiovascular Equipment, Free Weights, Basketball, Body Fat Analysis, Pickleball

Catapult Fitness Studio

702 W 8th St.
Anderson, IN 46016
(765)-649-4307
<http://www.catapultfitnesstrainers.com/>
Hours vary

Services Offered:

Zumba®, Senior Fitness, Group Instruction, Pilates, Free Weights

***Elwood YMCA**

1620 Main St.
Elwood, IN 46036
(765)-552-9808
www.ymcamadco.org/
Hours Vary

Services Offered:

SilverSneakers® (Classic, CardioFit, Yoga), Cardio Classes, Cardiovascular Equipment, Free Weights, Basketball, Racquetball, Resistance Training Equipment

Exhale Yoga

207 W. State Street
Pendleton, IN 46064
(765)-444-9642
www.exhaleyogapendleton.com
Hours Vary

Services Offered:

Chair Yoga

*Free activities and/or membership for qualifying Medicare recipients enrolled in SilverSneakers®

**Free attendance for senior citizens; contact the agency for more information

***LivRite - Anderson**

4018 E. Columbus Ave.
Anderson, IN 46013
(765)-649-5564
www.livritefitness.com
M-F 5am-10pm
Sa 6am-6pm
Su 12pm-5pm

Services Offered:

Zumba®, Aqua Fitness, Cardio, Pilates, Yoga,
Cardiovascular Equipment, Free Weights,
Resistance Training Equipment, Swimming
Pool Year-Round, Indoor Track

***MyTime Fitness Center**

3319 W. Angle Rd.
Pendleton, IN 46064
(765)-778-9303
www.mytimefitness24.com/
Open 24 hours daily

Services Offered:

Cardiovascular Equipment, Free Weights,
Resistance Training Equipment

***Pendleton Family YMCA**

520 Falls Park Dr
Pendleton, IN 46064
(765)-221-7508
www.ymcamadco.org/
M – Th 8am-12pm; 5-8pm
F 8am-12pm

Services Offered:

SilverSneakers® (Classic, Yoga), Zumba®,
Cardio, Indoor Cycling, Pilates, Yoga,
Cardiovascular Equipment, Free Weights

***Planet Fitness – Anderson**

4366 S. Scatterfield Rd.
Anderson, IN 46013
(765)-642-4000
www.planetfitness.com/gyms/anderson-164M-
M 5am- F 9pm
Sa & Su 7am-7pm

Services Offered:

Cardiovascular Equipment, Free Weights,
Resistance Training Equipment, Personal
Training

***White River Club**

1545 S. Scatterfield Rd.
Anderson, IN 46016
(765)-640-8077
www.whiteriverclub.com
M-Th 5:30am-10pm
F 5:30am-8pm
Sa 8am-8pm
Su 8am-5pm

Services Offered:

SilverSneakers® (Classic, Splash), Aqua
Fitness, Cardio, Cardio & Strength, Zumba®,
Dance Classes, Indoor Cycling, Pilates, Yoga, ,
Cardiovascular Equipment, Free Weights,
Basketball, Walking, Resistance Training
Equipment, Swimming Pool Year-Round

Randolph County

Farmland Cultural Center

103 N Main St
Farmland, IN 47340
(765)-468-7631
[https://www.facebook.com/pages/Farmland-
Cultural-Center/121054017908636](https://www.facebook.com/pages/Farmland-Cultural-Center/121054017908636)

Services Offered:

Chair Aerobics, Tuesdays at 1:00PM

Randolph County Fitness

918 E Washington St.
Winchester, IN 47394
(765)-584-7448
[www.facebook.com/pg/RCFitness765/about/?r
ef=page_internal](http://www.facebook.com/pg/RCFitness765/about/?ref=page_internal)
Open 24 hours daily

Services Offered:

Cardiovascular Equipment, Free Weights,
Resistance Training Equipment

*Free activities and/or membership for qualifying Medicare recipients enrolled in SilverSneakers®

**Free attendance for senior citizens; contact the agency for more information

Randolph County YWCA

1521 E Washington St.

Winchester, IN 47394

(765)-584-9622

<http://randolphcountyyymca.org/>

M-Th 5am-9pm

F 5am-8pm

Sa 8am-5pm

Su 1pm-5pm

Services Offered:

Senior Personal Training, Group Exercise,

Chair Exercise, Pickleball, Zumba®, Yoga,

Swimnastics

*Free activities and/or membership for qualifying Medicare recipients enrolled in SilverSneakers®

**Free attendance for senior citizens; contact the agency for more information