

Fitness

Bloomington Walking Club

Click on the title to view upcoming meetings at the library and links to similar organizations.

Website http://bloomington.in.gov/documents/viewDocument.php?document_id=7684

Address See Description for details
Bloomington, IN

The Bloomington Walking Club is a new, informal walking program being implemented through the combined efforts of the Indiana Running Company, Bloomington Parks and Recreation, and IU Community Health. This is an informal gathering of walkers to develop healthy habits and meet new friends. The club meets on Mondays and Thursdays at 6:00pm. You will be able to choose a two- or four-mile route and go at your own pace.

Description Mondays
Indiana Running Company
121 N. College Ave.

Thursdays
Areté Athletic
1567 Piazza Dr. in Renwick Village

Subjects [5 - Human Services](#) [Fitness](#) [Hiking](#)

Updated October 16, 2014

The Endwright Center

Click on the title to view upcoming meetings at the library and links to similar organizations.

Website <http://www.area10agency.org/endwright>

Phone 876-3383

Email [area10 \[at\] area10 \[dot\] bloomington \[dot\] in \[dot\] us](mailto:area10@area10.bloomington.in.us)

Description Through an innovative fitness program, one-on-one computer tutoring program, arts and humanities classes, special events, inter-generational activities, support groups and volunteer opportunities, the Endwright Center strives to meet the various needs of people 50 years and older.

Subjects [2 - Education](#) [Computer Literacy](#) [Fitness](#) [Senior Citizens](#) [Volunteers](#)

Updated October 16, 2014

WISE--Working Out to Increase Strength and Endurance

Click on the title to view upcoming meetings at the library and links to similar organizations.

Website	http://mypage.iu.edu/~jdjohnst/WISE3.html
Contact	Margie Kobow
Phone	332-5555 x 221
Email	mkobow [at] monroecountymca [dot] org
Address	Monroe County YMCA 2125 S. Highland Ave. Bloomington, IN 47401
Description	The W.I.S.E. Program is an exercise program designed specifically for individuals who are either currently undergoing treatment for a cancer related illness or those who have completed their therapy. This program is open to all cancer patients/survivors, regardless of cancer type, stage, or current treatment status, or time since diagnosis and treatment. Approval from your physician is required to start the program. Contact Margie Kobow at the Monroe County YMCA for the appropriate forms.
Email	jdjohnst [at] indiana [dot] edu
Subjects	4 - Health Cancer Fitness
Updated	October 15, 2014



Women With Will

Click on the title to view upcoming meetings at the library and links to similar organizations.

Contact	Jeanette Heidewald
Phone	330-9527
Email	heidewal [at] indiana [dot] edu
Address	3104 Autumn Court Bloomington, IN 47401
Description	Multisport training group for women (running, biking, swimming, walking, triathlon). See website for current meeting times.
Additional Contact	Kathy Avers
Email	ravers [at] kiva [dot] net
Subjects	5 - Human Services Fitness Sports Women
Updated	October 16, 2014

