

## **FITNESS & WELLNESS OPPORTUNITIES in Stoughton, WI 53589**

### **Anytime Fitness**

**2300 Hwy 51-138, Suite A, 608-873-7799**

Anytime Fitness's mission is to support the community's fitness, wellbeing, and quality of life. Services specifically for senior adults include personalized fitness programs and Senior Class. Our Senior Class is an Intermediate class coordinated to music. Classes are no-impact, with use of light weights. Lead by an experienced geriatric trainer and designed for individuals seeking balance, mobility, stretching, increasing strength, cardio, and a social setting. Classes are free with membership from 9:00 -9:50 AM on Tuesdays and Thursdays.

### **Level Up**

**225 Hoel Avenue, 608-205-2739**

[levelupfitnessinc.com](http://levelupfitnessinc.com)

Level Up provides the highest quality fitness, wellness and athletic training facility, where members and staff interact as a team to meet and exceed members individual goals and actively promote fitness awareness throughout the community. Level Up's FOREVER FIT program is specifically targeted towards older adults.

### **Main Street Yoga @ Ease**

**124 W. Main St., 608-492-4286**

[mainstreetyogastoughton.org](http://mainstreetyogastoughton.org)

This ADA-accessible studio specializes in therapeutic yoga, neuro-fitness and restorative breath practices that are safe, accessible, effective and welcoming to all. SomaYoga blends modern therapeutic practices with timeless yogic philosophy. Classes focus on neuro-muscular re-education to release muscles held in chronic tension, functional movement training to improve strength, balance and flexibility, and tools for stress management and nervous system regulation. Each practice is designed by a highly-trained Yoga Therapist and supported by chairs, props and modifications to ensure each individual has a comfortable, fun, empowering experience.

### **Sports Enhancement Academy**

**2300 Hwy 51-138, 608-205-1732**

SEA's premier athletic facility offers a walking track (one lap is .125 miles) open from 7AM - 11 PM, cost: \$30/month; and Pickleball from Sept.-May, 8 AM - 12PM, cost: \$40/month.

### **Senior Stretch Class**

**Tuesdays, 8:30-9:30 AM**

**at Stoughton Area Senior Center  
248 W. Main Street, Stoughton**

**Thursdays 8:30-9:30 AM**

**at VFW, 200 Veterans Road**

A low-impact senior stretch class meets at the VFW; \$1.00/class. Contact Joanne Holtan at 608-279-0905 for details.

### **Stoughton Area Senior Center**

**248 W. Main Street, 608-873-8585**

[stoughtonseniorcenter.com](http://stoughtonseniorcenter.com)

### **Health & Fitness Opportunities**

- Chair Stretch
- Line Dancing
- Ping Pong
- Reflexology
- Tai Chi
- Blood Pressure Checks
- Canoe/Kayak (May-Sept)

### **Classes & Skill Development**

- Wood Shop
- Music Appreciation
- Handiwork
- Creative Writing
- Wood Carving
- Language Courses
- Art History
- Rosemaling
- Tech Help
- Hardanger
- Health & Education

### **Social & Recreation Opportunities**

- Entertainment & Events
- Movies
- Shopping Trips
- Lunch Bunch
- Pool Tournaments
- Bridge
- Book Discussions
- Euchre
- Sheepshead
- Cribbage
- Train Dominoes
- Chess
- Ukulele Group
- Wii Bowling
- Arts & Crafts
- Bingo
- Pinochle
- Darts
- Intergenerational Activities

For details, see **Yahara Senior News:**

[stoughtonseniorcenter.com/newsletter-1](http://stoughtonseniorcenter.com/newsletter-1)

For more information on these and other area services please contact the **Stoughton Area Senior Center:**  
**248 W. Main Street, Stoughton WI, 53589 608-873-8585** [stoughtonseniorcenter.com](http://stoughtonseniorcenter.com)

**Stoughton Health  
Cardiac Rehabilitation & Wellness****900 Ridge Street, 608-873-2314***Phase 3 Cardiac Rehab Program*

Once participants have finished their Cardiac Rehab (Phase 2 ), they can continue to exercise at Stoughton Hospital under the supervision of medical professionals.

*Primary Prevention Program*

Open to those who have not participated in a previous Cardiac Rehab Program but have multiple cardiac risk factors and need to exercise in a safe environment.

**Other Stoughton Health Classes for  
Community Education & Wellness****608-877-3498, [stoughtonhealth.com](http://stoughtonhealth.com)**

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**Stoughton High School Pool****600 Lincoln Avenue, 608-877-5627****[dan.neeley@stoughton.k12.wi.us](mailto:dan.neeley@stoughton.k12.wi.us)**

The pool is open to the public weekday mornings and evenings for open and lap swim. There are also weekend swim and mid-day class options; see our full schedule on our website: [www.stoughton.k12.wi.us](http://www.stoughton.k12.wi.us) (click "Our Community" then "Swimming Pool"). Senior discounts are available to individuals age 60 and older. An easy entrance to the pool is available through the school's back parking lot, which is accessed by using Buckingham or Devonshire Roads. Parking is only available on school days in the "visitor parking spots" and additional parking is available on the street. Please contact regarding current public health requirements and to learn about the sign-up system.

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**Stoughton Parks & Recreation****381 E. Main Street, 608-873-6746****[stoughtonrec.com](http://stoughtonrec.com)**

The Stoughton Parks & Recreation provides many fitness and wellness opportunities to the community. Contact the department for current class offerings and park hours.

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