



Fitness Room

Join the ADRC-CW's Fitness Room. Create or renew a healthy habit of regular physical activity in our fully equipped exercise facility. The Fitness Room is for adults 50 and over and adults 18 and older who are living with a disabling chronic condition. Members must be capable of using the facility independently unless accompanied by someone who can actively assist them. Equipment in the Fitness Room includes: stationary recumbent bikes, treadmills, recumbent elliptical, a universal weight machine, hand weights and much more.

Only \$5/month

Call (715) 261-6070 to schedule a required safety orientation