

Exercise Options for Limited Mobility or Gym Access

Pools Around Northern Nevada:

- Reno: Evelyn Mount Northeast Community Center Pool
1301 Valley Road • 334-2262 Year-round, indoor, \$5 Adults, \$2 Seniors, lap swim and aerobics
- Reno: Northwest Pool
2925 Apollo Way • 334-2203 Year-round, indoor, \$5 Adults, \$2 Seniors, lap swim and aerobics
- Fallon: Churchill County Swimming Pool
333 Sheckler Road 423-7091, indoor
- Fernley: Fernley Swimming Pool
300 Cottonwood Lane 575-2121
- Winnemucca: Bode Howard Memorial In-Door Swimming Pool
380 E Haskell Street 623-4362
- Carson City: Aquatic Facility
841 N Roop Street 887-2242, indoor, \$4 Adults, \$3 Seniors, lap swim

Exercise Videos:

Try the library, Netflix, used DVDs on sites such as Amazon.com for lower prices, retail stores, Wii Fit

Chair/ seated videos are available

Home Gym Equipment:

Options include: treadmill, elliptical, other cardio equipment, resistance bands, medicine balls, oversized balls, free weights, and more.

Check Craig's list (www.craigslist.org), EBay and other online or retail spots

Outdoors:

Walking, hiking, biking, swimming, snowshoeing, cross country skiing, kayaking, adult team sports

During winter time, try walking indoors at large places such as malls and super stores



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