

VISIT CHICKASHA

Eat, Shop, Play & Stay!

FITNESS ITINERARY

New Year, New You in 2016?

So maybe you're new to resolutions, or maybe you have just decided it's time to really focus on your health this year. Either way, Chickasha has lots of options for you and your lifestyle.

WHAT TO DO?

GYMS AND FITNESS CENTERS

Chickasha has many fitness options for those who are interested in either something organized like a class, fitness trainer or facility only. Gyms and fitness centers are great places to get instruction and motivation.

PARKS

We have parks with walking trails scattered throughout the city for citizens to take advantage of. More off the beaten path is the Chickasha Lake, which also is a great place to truly go out and enjoy the outdoors.

HOME OR NEIGHBORHOOD

You may prefer exercising in your own home or with a group of your neighborhood ladies or men. Exercising at home or in a group setting inside or outside are also great ways too to get in shape for 2016. By exercising at home or within a group outside a facility with a trainer, you may want to visit state and federal websites for direction and for an excellent resource.

RESOURCES

SHAPEYOURFUTURE.ORG

FITNESS.GOV

HEART.ORG

OK.GOV/TSET

These sites are great resources for healthy living, activity suggestions, nutritional and tobacco cessation.

GYMS & EXERCISE FACILITIES

ANYTIME FITNESS

1211 W. GRAND AVE | CHICKASHA, OK | 24 / 7 | TRAINERS AVAILABLE | 405-224-5100

EMBODYMENT FITNESS

BASEMENT OF FIVE OAKS | 2100 W. IOWA | CHICKASHA, OK |
M-F 5:30 AM TO 6:30 AM & 6 PM TO 7:30 PM | 405-637-0555

SHAPE FITNESS {INCLUDES CROSSFIT DIRTY ALLEY}

1756 S. 4TH ST. | CHICKASHA, OK | 24/7 | CLASSES AND TRAINERS AVAILABLE | 405-222-6499

TINA'S TAN & TONE {ROBOTIC EXERCISE}

2555 PONDEROSA DR. | CHICKASHA, OK | M-F 7AM TO 9 PM, SAT. 8 AM TO 4 PM,
SUN. 1PM TO 6 PM | 405-222-5905

YMCA — CHICKASHA

725 W. CHICKASHA AVE. | CHICKASHA, OK | M-F 5 AM TO 9 PM, SAT. 8 AM TO 5 PM,
SUN. 1PM TO 5 PM | CLASSES AND CHILDCARE AVAILABLE | 405-224-2281

CITY PARKS (WALKING PATHS)

CENTENNIAL PARK

610 W. TEXAS AVE. | CHICKASHA, OK

SHANNON SPRINGS PARK

2400 S. 9TH ST. | CHICKASHA, OK

{GET FIT | BE HEALTHY 2016}

Note: Public parks are free to use at any time they are open. However, the fitness facilities mentioned charge independently for services, membership and classes. Please consult each for details. Most are the price of a "fancy" cup of coffee from a coffee house per day for reference. The next installment will focus on places to purchase fitness equipment and clothing.