



DON'T HIBERNATE.

Walk indoors for free near you in 2019. No membership required.

AMHERST

Thursdays, 5:30 PM
year-round

Mercy Health
Amherst HealthPlex
47160 Hollstein Dr.

AVON LAKE

Weekdays, 8-9 AM
year-round

Old Firehouse
Community Center
100 Avon Belden Rd.

COLUMBIA

Saturdays, 11 AM
Jan. 5-March 30

Columbia Branch Library
13824 W River Rd.

ELYRIA

Mon, Tues, & Thurs: 9 AM-12 PM at East Center, 1101 Prospect St.
Wed & Fri: 9 AM-12 PM at West Center, 1200 Foster Ave.

GRAFTON

School days, 5-8 PM

Midview Middle School
12865 Grafton Rd.

LAGRANGE

Tues & Thurs, 6-8 PM
Jan. 3-April 18

Keystone
Elementary School
531 Opportunity Way

**NORTH
RIDGEVILLE**

Thursdays, 6-7:30 PM
Jan. 10-April 4

Liberty School
5700 Jaycox Rd.

OBERLIN

Mondays, 5:30 PM
year-round

Lorain County Metro Parks
Splash Zone
95 W Hamilton St.

WELLINGTON

Mon-Fri, 8 AM-2:30 PM
year-round

Wellington Town Hall
115 Willard Memorial Sq.



**Lorain County
Public Health**

For the Health of Us All

Find more free fitness opportunities in 2019:

Call 2-1-1 or search online

United We Sweat Lorain County

**united
we
sweat**

12/18