

Physical Fitness, Yoga and other Healthy Activities in the Northwoods

Fitness Centers

Tone Zone Fitness LLC

Minocqua, 70 West Center 715-3350-5915 (Trig's Shopping Center)
Eagle River, 1013 E Wall St 715-337-2113
Rhinelander, 232 S. Courtney St. 715-420-1646 (Trig's Shopping Center)

Fitness equipment including bikes, trainers, rowing machines treadmills, TRX, ellipticals, weight machines. Varied classes depending on availability of instructors. Locker room, sauna, showers. Open 24 hours daily. Daily or multiple day pass fees. Senior discount for 6 month memberships.

SNAP Fitness

Arbor Vitae, 1575 US Hwy 51 715-358-2244

Exercise equipment, exercise room with video. Open 24 hours daily. Membership required. Free trial coupon available on line. Ask about senior rates.

Studio 715

Minocqua, 209 W. Milwaukee St 715-439-4092 studio715.com

Spinning studio, exercise classes. Online registration available.

Roots Health Studio

Minocqua, 619 Oneida St, Suite 3, 715.614.0005 rootshealthstudio.com

Group Fitness Classes (including Yoga, total body fitness, upper and lower body strengthening, and cardio), Personal Training, Nutrition Services

Marshfield Clinic Woodruff Center

Woodruff, 1446 1st Ave (Hwy 47) 715.358.0610 marshfieldclinic.org

Fitness classes, Yoga, Aquatic classes, independent pool use. Drop-in or multiple-use card fee available.

Pines Community Wellness Center

Eagle River, 1800 Pleasure Island Rd 715.479.4473 x3351 or x3350

Senior Programs include: Total Body Senior Class, Strong women/Strong Bodies, Silver Sneakers, Silver and Fit. Senior Rates for Wellness Center monthly or annual membership.

YMCA of the Northwoods

Rhineland, 2003 E. Winnebago St 715.362.9622 ymcaofthenorthwoods.org

Exercise Classes, Fitness Equipment, Pool

Mirobimaadiziiwin Wellness Center

Lac Du Flambeau, 125 Old Abe Rd 715.588.4352

Fitness studio with strength training and other equipment, Fitness classes, personalized exercise training programs.

Lake Forest Fitness and Resort

Eagle River, 3801 Eagle Waters Rd 715.479.3251

Fitness classes, water aerobics.

Anytime Fitness

Rhineland, 1301 Lincoln St. 715.350.6964

Exercise and weight machines, Personal Training.

Manitowish Waters Athletic Club

Manitowish Waters, 13870 Woodland Lane 715.543.2808

Exercise classes including yoga, water aerobics, total body strength, barre. Exercise equipment, pool.

Land O' Center

Land O' Lakes, 4258 County Rd B 715.547.6333

Fitness Center, Strength and Fitness classes, Personal training, Yoga. Call to inquire about days and times of classes.

Leadership Academy

Woodruff, 320 Oak St. 715.258.3971 leadershipacademyinc.com

Cardio, strengthening and toning classes. Varied intensity.

Strong Women / Strong Bodies Program

Coordinated by UW Extension, Oneida County

This is an evidence-based strength training for middle-aged and older adults. Call for session start dates and fees.

Locations:

Rhinelander:

- Oneida County Senior Center 100 W. Keene St 715.369.6170
- Rhine Haus 1207 Masa St 715.362.7855
- Ascension St. Mary's 2251 North Shore Dr. 715.361.4366

Minocqua:

- Minocqua Public Library 415 Menominee St 715.356.4437

Boulder Junction:

- Community Center 5392 Park St 715.543.2159

Woodruff:

- Holy Family Catholic Church 8950 Cty J 715.356.6284

Mantiowish Waters:

- Manitowish Athletic Club 13870 Woodland Dr 715.543.2808

Yoga and Pilates

Yoga Wellness North

Woodruff, 8735 Hwy 47 715.892.6496 namasteyogatherapy.com

Classes and individual sessions.

Roots Health Studio

See fitness studio entry above

Nagomi Yoga and Massage

St. Germain, 226 State Hwy 70 E. 715.254.1730

Studio 715

See fitness studio entry above

Tone Zone Fitness

See fitness studio entry above

Eagle River Yoga

Eagle River, 1425 Everett Rd 262.206.1329 eagleriveryoga.com

Mirobimaadiziwin Wellness Center (Lac Du Flambeau)

See fitness studio entry above

Studio S (Pilates Studio)
Eagle River, 303 E. Wall St. 608.469.4899

YOGAShop
Arbor Vitae, 11102 Tuckaway Rd 715.892.1734

Yoga, health and wellness Yoga Studio
Rhineland, 328 Lincoln St. 715.499.6200

Yoga with Mishel
Rhineland, Art Start Building, 68 N. Stewart St. 715.3600

Manitowish Waters Athletic Club
Manitowish Waters, 13870 Woodland Lane 715.543.2808

Lando Center
Land O' Lakes, 4258 County Rd B 715.547.6333

Vitae Pilates of MQAWE
Arbor Vitae, 1241 Harbor Dr. 608.498.7755 vitaepilates.com
Group classes, individual or small group instructions available.

Minocqua Optical and Yoga Wellness
Minocqua, 8736 Hwy 51N Office 715.356.5733,

Marshfield Clinic Woodruff Center
See fitness studio entry above. Class schedule may vary

Arthritis Exercise Programs

Marshfield Clinic Woodruff Center
See fitness studio entry above. Class schedule may vary

Holy Family Catholic Church
Holy Family Catholic Church 8950 Cty J 715.356.6284

Nicolet College Adult Education

www.nicoletcollege.edu/community/community-classes

A variety of fitness, yoga, Pilates, water exercise and other classes are offered, frequently with multiple sessions for several weeks or months. Senior rates (over 62). Locations vary throughout the Northwoods.