

### CURLING:

- Bushell Park Curling Club 693-2963

Bushell Park Moose Jaw

- Hillcrest Sports Centre 692-5089

1599 Main St. N. Moose Jaw

### SENIOR'S LEISURE CENTRES:

- Cosmo Senior Citizens Centre 692-6072

235 3rd Ave. N.E. Moose Jaw

- Moose Jaw & District Seniors 694-4223

101 510 Main St. N. Moose Jaw

### GOLFING:

- Deer Ridge Golf Course (Par 3) 693-4653

1375 Manitoba St. E. Moose Jaw

- Hillcrest Sports Centre 693-1921

1599 Main St. N. Moose Jaw

- Lynbrook Golf Course 692-3196

1545 4th Ave. N.W. Moose Jaw



### MALL WALKING:

- Town 'n' Country Mall 693-1711  
1235 Main St. N. Moose Jaw

### SCENIC WALKING TRAILS:

- Rotary Trail - 26.2 km around Moose Jaw
- Devonian Trail - 4.2 km trail  
5th Ave. S.E. and Fairford St. E.
- Wakamow Ecological Trail - 1 km trail  
7th Ave. S.W.
- Hamilton Flats  
1100 Manitoba St. W.
- Happy Valley  
1200 block Wolfe Ave.
- Spring Creek Park  
10th Ave. N.W. and Laurier St.
- Sunningdale Nature Park  
Avens Rd. and Thatcher Dr.

### COMMUNITY ASSOCIATIONS PROGRAMS and INFORMATION ON THE MULTIPLEX/SOCCER FACILITY:

- City of Moose Jaw Parks and Recreation  
Moose Jaw City Hall 694-4447



Five Hills Health Region  
Employee Lifestyle Committee

Revised November 10, 2010 by Dot Hicks  
ACSM Exercise Specialist  
Patient Education Centre  
455 Fairford St. E.  
Moose Jaw, SK S6H 1H3  
Phone: (306)694-0230  
Fax: (306)694-0241

## Five Hills Health Region



## Keep Moving in Moose Jaw



A Glimpse At The Many Physical Activity  
Opportunities in Moose Jaw

# Physical Activity Options in Moose Jaw

## FITNESS CENTRES:

- Bobcat's Gym **691-5708**  
461 Athabasca St. E., Moose Jaw
- Curves for Women **693-3120**  
834 9th Ave. N.W. Moose Jaw
- Julian's Fitness & Rehab Ltd **692-1266**  
27 High St. E. Moose Jaw
- Ladies Fitness (Hair Express.) **694-4788**  
360 5th Ave. N.W. Moose Jaw
- Ladies Workout Express **693-5239**  
710 G Main St. N. Moose Jaw
- Sterling Fitness Centre **692-1211**  
500 1st Ave. N.E. Moose Jaw  
(Lower Level Co-op)
- Turtle Island **693-3336**  
710-H Main St. N. Moose Jaw
- YMCA-YWCA of Moose Jaw **692-0688**  
220 Fairford St. E. Moose Jaw

## YOGA:

- Olga McWhirter **692-5916**
- Carol Wallace **692-4341**
- Body In Mind Yoga Studio **630-2639**

## YOGA cont'd....

- YMCA-YWCA of Moose Jaw **692-0688**

## TAI CHI CHIH:

- Rita Beth Instructor **691-2719**

## TAOIST TAI CHI SOCIETY:

- Moose Jaw call **1-888-824-2441**

## SWIMMING & AQUAFITNESS:

- Kinsmen Sportsplex **694-4483**  
855 MacDonald St. Moose Jaw
- Phyllis Dewar Outdoor Pool **694-4496**  
200 Block Fairford St. E. Moose Jaw
- Prairie Oasis Water Slide **694-4818**  
Hwy 1E & Thatcher Drive
- Temple Gardens Mineral Spa **694-5055**  
"Spa Yoga"  
24 Fairford St. E. Moose Jaw
- AquaFun at Providence Place **694-8081**  
100 2nd Ave. N.E.

## BOWLING:

- South Hill Bowling Centre **693-0955**  
510 Home St. W. Moose Jaw
- Moose Jaw Lawn Bowling Club Inc. **693-4844**  
340 3rd Ave. N.E. Moose Jaw

## DANCING:

- Dance Images By BJ **692-0515**  
177 Iroquois St. W., Moose Jaw
- Denee School of Dance **693-1400**  
809 3rd Ave. N.W. Moose Jaw
- Doris Sitter School of Dance **693-3351**  
55 1st Ave., NE. Moose Jaw
- Pattern Dancing **692-7745**

## INDOOR ICE SKATING:

- Civic Centre **694-4408**  
1251 Main St. N. Moose Jaw
- Kinsmen Arena **694-4483**  
855 MacDonald St. W.
- Pla-Mor Palace **693-6172**  
9th Ave. S.W. & Lillooet St. Moose Jaw



## MARTIAL ARTS:

- Kwan's School of Kempo Karate **693-3775**  
57 Elisia Dr. Moose Jaw