



*Ride, lift, walk, dance, or kick  
Make sure you do something every day.*

*The booklet includes many, but not all, of the multitude  
of physical activity options available in the area.*

*Check the local newspapers, phone book or internet  
for more free or inexpensive ways  
to be active for you and your family.*

***THIS BOOKLET WAS BROUGHT TO YOU BY:***



Wicomico County  
Health Dept.  
(410) 546-5311



Worcester County  
Health Dept.  
(410) 632-0056



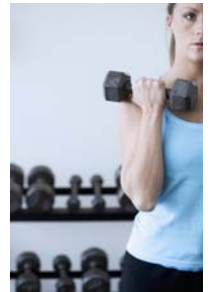
Somerset County  
Health Dept.  
(443) 523-1700

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Through the Center for Disease Control

*Revised April 2009*



**A GUIDE TO FITNESS  
CENTERS, GYMS  
AND RECREATION IN  
SOMERSET, WICOMICO  
AND WORCESTER COUNTIES**



**2009**

## FIND A PHYSICAL ACTIVITY THAT IS RIGHT FOR YOU

Regular physical activity will help you feel, look, and work better. It is one of the most important things you can do to live a long and healthy life. Adults should spend at least 30 minutes of “moderate” intensity physical activity most and, preferably, every day of the week.

### PICK THE ACTIVITY

To help you find the right activity for you:

**Pick an activity you enjoy.** Exercise should be something you *want to do* on a regular basis, not *have to do*.

**Pick an activity you can afford to keep doing.**

**Pick an activity that you can keep doing** as the weather changes, you age.

**Pick an activity that is easily accessible.** Is it near your home or office? Is it the right hours?

**Pick the right environment.** Do you prefer to exercise with others or alone? Do you prefer a quiet place or one with lots of energy and music?

**Pick more than one activity.** To prevent boredom and to help you exercise more muscles and avoid overstressing any one part of the body.



## TAKE A WALK IN WORCESTER COUNTY

### WORCESTER CO. REC. & PARK CENTER

6030 Public Landing Rd., Snow Hill 410-632-2144  
Indoor track.

### MILBURN LANDING POCOMOKE RIVER STATE FOREST AND PARK 410-632-2566

**BALD CYPRESS NATURE TRAIL** Pocomoke  
1 mile soft surface along edge of Pocomoke River.

**MILBURN LANDING NATURE TRAIL** Pocomoke  
4 mile soft surface through Pocomoke Forest.

**POCOMOKE CITY NATURE & EXERCISE TRAIL** 410-957-1333  
1½ mile soft surface trail and 4 mile trail with floating boardwalks, exercise stations and soft surface.

### SHAD LANDING POCOMOKE RIVER STATE FOREST & PARK

Rt. 113, Pocomoke 410-632-2566  
Trail of Change - 1 mile, soft ground.



## TAKE A WALK IN SOMERSET COUNTY

### JANES ISLAND STATE PARK 410-968-1565 or 410-968-0651

Crisfield (Rt 13 to MD Rt 413)  
2 one mile trails surrounded by bay waters.

### DEAL ISLAND WILDLIFE MANAGEMENT AREA

Deal Island (Take Rt. 13 south to Rt. 363.)  
[www.dnr.state.md.us/baylinks/26.html](http://www.dnr.state.md.us/baylinks/26.html)  
Hiking and bicycling.

### SOMERSET CO. GYMNASIUM

Princess Anne 443-523-1755  
Open Tues. & Thurs., Noon—1:00 p.m.

### WILSON COMMUNITY CENTER Crisfield 443-523-1757

Sponsored by Somerset County Health Dept. Times vary.



## TAKE A WALK IN WORCESTER COUNTY

### ASSATEAGUE ISLAND NATIONAL SEASHORE

Rt. 611, 410-641-1441 Three half-mile trails (seasonal fee)



Life of Dunes, soft sand  
Life of Forest Nature, fully boardwalked  
Life of Marsh Nature, fully boardwalked

**NORTHSIDE PARK** 125th Street, Ocean City  
410-250-0125

3 outdoor walking paths from ½ to 1 mile, indoor track. Opens at 8:30 a.m.

**BOARDWALK** Ocean City 3 miles long.

**94TH STREET MALL** Ocean City 410-723-0805

Indoor 1 mile loop. Open daily 8:30 a.m..

### GOLD COAST MALL

11427 Coastal Hwy, Ocean City 410-524-0000

Indoor, 1 mile loop. Open daily at 8am.

### STEPHEN DECATUR PARK NATURE TRAIL

Berlin 410-641-4775

### OCEAN PINES NATURE TRAIL - WHITEHORSE PARK

410-641-7052 ¾ mile loop with soft ground and gravel.

### FURNACETOWN - PAUL LEIFER NATURE TRAIL

Snow Hill 410-632-2032 1 mile soft ground and boards.

### NASSAWANGO CREEK CYPRESS SWAMP — PRESERVE THE NATURE CONSERVANCY

410-546-8597

¼ mile soft surface loop on Creek Rd (Francis M. Uhler Nature Trail.)

### GOAT ISLAND NATURE TRAIL

410-632-2080  
100 yards soft surface trail.

### PUSEY BRANCH NATURE TRAIL

**NAZARETH CHURCH TRACT** 410-632-2566

½ mile soft surface trail with signs and exhibits.

### SNOW HILL MIDDLE SCHOOL

410-632-1727  
Indoor track. Call school regarding early morning openings.

## FIND A PHYSICAL ACTIVITY THAT IS RIGHT FOR YOU

### STRIKE A BALANCE IN YOUR PHYSICAL ACTIVITY

There are three types of physical activity: aerobic, strength and flexibility. All three are important for a healthy you. Plan to include a combination of these in your weekly routine.

**AEROBIC** - also known as cardio-respiratory activity. This is activity that causes your heart to beat more quickly and your breathing to become faster.

**STRENGTH** - increasing the strength of your muscles. Strong muscles help keep your bones stronger and enables you to enjoy your favorite activities, play with your kids or grandkids, continue your daily routine and stay independent as you age.

**FLEXIBILITY** - also known as stretching, relates to your muscle length and involves range of motion of your joints. Stretching enables you to move, sit, reach, stand, and bend with greater ease.

### TAKE THE TALK TEST

The “talk test” is a simple way to measure the intensity of your workout.

*Can you sing while doing the activity?*



**“LIGHT”**  
intensity

*Can you carry on a conversation while doing the activity?*



**“MODERATE”**  
intensity

*Do you become out of breath or winded while doing the activity?*



**“VIGOROUS or HIGH”** intensity

## UNDERSTANDING PHYSICAL ACTIVITY

### THINK “F.I.T.T.” WHEN YOU ARE ACTIVE



Follow this formula when you are doing any activity:

**FREQUENCY:** How often do you do the activity?

**INTENSITY:** How hard are you exercising?

**TIME:** How long do you spend in the activity?

**TYPE:** What are you doing?

	AEROBIC	STRENGTH	FLEXIBILITY
FREQUENCY	3 -5 days per week Preferably most days	2 to 3 non-consecutive days per week	A minimum of 2 - 3 days per week 5 - 7 is preferred
INTENSITY	Use the “talk test” Aim for at least a moderate intensity	Enough resistance to fatigue the muscles	Stretch & hold movement to the point of mild tension Do not bounce
TIME	30 minutes for health benefits* 45 to 60 minutes for weight loss	8 - 12 repetitions of each exercise Do 1 or more sets	Hold each stretch for 15-30 seconds Do 2-4 repetitions
TYPE	Continuous rhythmic activities using large muscle groups like running, walking, biking, dancing	Resistance exercises for major muscle groups Resistance can be your own body, free weights, weight machines, resistance bands, balls or body bars	Stretching moves for all major joints such as yoga type movements

### \* SPECIAL CONSIDERATIONS

Set a goal of at least 30 minutes of some type of activity each day. However, if you have not exercised in a while, consider using a *graded exercise* program where you gradually increase the amount of time you spend in each workout. This will help avoid injury or stress to the body. For example, start with 10 or 15 minutes and gradually increase that time by 3 to 5 minutes until you are comfortably active for 30 minutes.



## TAKE A WALK IN WICOMICO COUNTY

**ADKINS MILL** Powellville 410-548-4900

(From Rt. 50 east, turn right onto Rt. 354) ½ mile trail.

**CEDAR HILL PARK** Bivalve 410-873-2993

(From Rt. 50 in Salisbury, take Rt. 349)

.8 mile trail along Nanticoke River.

**CENTRE AT SALISBURY** Rt. 13, Salisbury 410-548-1694

8/10ths of mile around inside perimeter of the mall.

Opens at 7am daily. Sand Dollar Walking Club.

**LEONARDS MILL** Salisbury 410-548-4900

(Rt. 13 north) ½ mile trail.

**RIVERWALK PARK** Salisbury 410-548-4900

(1 mile trail along Wicomico River downtown.) Downtown Salisbury

**PEMBERTON HISTORICAL PARK** Salisbury 410-860-2447

(Rt. 50, Salisbury, to Rt. 349, turn onto Pemberton Drive)

5 trails from .2 mile to 1.2 miles along water and wetlands, some wooded.

**SALISBURY ZOO & MUNICIPAL PARK** Salisbury 410-548-3188

3 mile trail around park, river, and zoo. Soft and hard surfaces.

**WINTERPLACE PARK** Salisbury 410-548-4900

(Rt. 50 East, left at Hobbs Road) 2 mile trail through woods.



## WORCESTER COUNTY PROGRAMS

### WORLD GYM EXPRESS

107 67th Street, Ocean City 410-524-1900

[www.ocworldgym.com](http://www.ocworldgym.com)

Full service health and fitness club. Group classes. Personal training. Cardio theater. Child care. Fee.

**Hours:** 7 days a week, 6:00 am to 9:30 pm

### YMCA (Lower Shore)

Rt. 113, Pocomoke City 410-957-9622

[www.middelmarvaymca.org/lower](http://www.middelmarvaymca.org/lower)

Cardio and weight-training equipment. Group exercise classes. Personal trainers. Youth and adult sports. Child care. Fee. Financial assistance available.

**Hours:** Mon.—Thur., 6:00 a.m. to 9:00 p.m.  
Fri., 6:00 a.m. to 8:00 p.m.  
Sat., 7:00 a.m.—5:00 p.m.  
Sun., 1:00 p.m.—5:00 p.m.



## GREAT NEWS:

*When you are physically active on a regular basis, you start burning more calories even while at rest. This is because physical activity raises the body's metabolism. On the opposite end, low-calorie diets that do not include a physically active component can slow down your metabolism because your body thinks you are depriving it and holds on to your calories rather than burning them as energy.*

## SOMERSET COUNTY PROGRAMS

### CURVES FOR WOMEN

345 W. Main Street, Crisfield 410-968-0400

12155 Elm Street, Princess Anne 410-661-1521

A complete aerobic and strength training workout in 30 minutes using hydraulic resistance machines designed specifically for women. Weight management counseling available. Monthly fee.

**Princess Anne:** Mon.—Fri., 7:30 a.m. to 1pm and 3:30 p.m. to 7:00 p.m.,

2nd/4th Sat., 8:00 a.m.—11:00 a.m.

**Crisfield:** Mon.—Fri., 6:30 a.m. to 1pm and 3:30 p.m.—7:30 p.m.  
Sat., 8:00 a.m.—11:00 a.m.

*Hours subject to change.*

### THE FIRM GYM

386 W. Main Street, Crisfield 410-968-1889

Full gym with cardio and weight equipment. Fee.

**Hours:** Mon.—Fri., 7:30 a.m. to 6pm

### GREAT HOPE GOLF COURSE

8380 Crisfield Highway, Westover 410-651-5900

18 hole golf course. Golf lessons available. Fee.



### MCCREADY HOSPITAL

Crisfield 410-968-3001 ext. 3315

Adult fitness program. Cardio and weight equipment in gym. Monthly fee.

## SOMERSET COUNTY PROGRAMS

### SOMERSET COUNTY RECREATION AND PARKS

30290 Sam Barnes Rd., Westover 410-651-4980

(Many activities are throughout the county.)

[www.somersetrecandparks.org](http://www.somersetrecandparks.org)

**Youth:** Soccer for ages 5 - 18.  
Basketball and field hockey for Grades 3-8.  
Fee.

**Adult:**

- Indoor whiffleball. Age 14 and up.  
Somerset Co. Complex Gym, Princess Anne.  
Fee for group.
- Adult weight training and walking program at Washington High School. Mon. & Wed., 6:00 to 7:00 pm. Fee.
- Walking/Jogging available daily at the Somerset Co. Complex, 11916 Somerset Ave., Princess Anne. Free.

**Hours:** Vary by activity



### WOODROW WILSON COMMUNITY CENTER

119 South 7th St., Crisfield

Walking Program. Contact the Somerset Co. Health Dept. at 443-523-1760 for more information. Free.

**Hours:** Mon., Wed. & Fri., 8:30 a.m. to 10:00 a.m.

## WORCESTER COUNTY PROGRAMS

### SOLAS AISLING HEALING ARTS SANCTUARY

Berlin 410-251-9982

Variety of yoga and meditation classes. Fee.

**Hours:** Morning and evening sessions.

### TIDEWATER'S CENTER FOR WELLNESS

11022 Nicholas Lane, Ocean Pines 410-208-4959

Cardio and weight equipment. Personal training. Fee.

**Hours:** Call for current schedule.



### WORCESTER COUNTY RECREATION AND PARKS

6030 Public Landing Road, Snow Hill 410-632-2144

[www.co.worcester.md.us/recreation](http://www.co.worcester.md.us/recreation)

Indoor track, soccer, volleyball, basketball, core training, aerobics & fitness classes. Fee except use of track.

**Hours:** Recreation Center: Mon.—Thur., 6:00 a.m. to 9:00 p.m.,  
Fri., 6:00 a.m. to 5:30 p.m., Sat., 9:00 a.m. to 5:30 p.m.

### WORCESTER COUNTY HEALTH DEPARTMENT PROGRAMS

305 Bank Street, Snow Hill

410-632-0056 [www.worcesterhealth.org](http://www.worcesterhealth.org)

Just Walk - self-directed, self-reported incentive based physical activity program. Lunch Time Fitness, Weight Loss Basics, Food, Fun & Fitness for Families, POWER HOUR, Arthritis Foundation Exercise Program, Restorative Strength, Physical activity assessments. Free.

**Hours:** Varied by program

## WORCESTER COUNTY PROGRAMS

### ICE SKATING INDOOR RINK

11700 Coastal Highway, Carousel Hotel 410-524-1000

Indoor rink. Lessons. Babysitting available in summer. Fee.

**Hours:** Call for current times.

### NORTHSIDE PARK COMPLEX

200 125th Street, Ocean City 410-250-0125

[www.ococean.com/rec](http://www.ococean.com/rec)

Youth and adult programs sponsored by OC Rec. & Parks. Aerobics, dance, basketball, volleyball, soccer. Fee. **Hours:** Varies by activity

### OCEAN CITY HEALTH & RACQUETBALL CLUB

61st Street, Bayside, Ocean City

410-723-2323 [www.oceancityhealthclub.com](http://www.oceancityhealthclub.com)

Only full facility health club in Ocean City. Indoor track. Basketball court. Racquetball. Indoor/outdoor pool. Cardio and weight training equipment. Fitness and aquatics group classes. Childcare. Fee.

**Hours:** Mon.—Fri., 6:00 a.m. to 9:00 p.m., Sat., 7:30 a.m. to 6:00 p.m., Sun., 8:00 a.m. to 6:00 p.m.



### OCEAN CITY TENNIS CENTER

6501 Coastal Highway, Ocean City

410-524-8337 [www.ococean.com](http://www.ococean.com)

6 Premier courts and 3 dry clay courts. Instruction available. Other courts located throughout city. Free and Fee.

**Hours:** 7 days a week.

### POWERHOUSE GYM AND AEROBICS

9936 Stephen Decatur Highway, Berlin

410-213-7000 [www.powerhousegym.com](http://www.powerhousegym.com)

Full service state of the art health and fitness club. Group classes. Personal training. Child care. Fee.

**Hours:** Mon.—Fri., 5:00 a.m. to 11:00 p.m., Sat., 7:00 a.m. to 8:00 p.m., Sun., 7:00 a.m. to 6:00 p.m.

## WICOMICO COUNTY PROGRAMS

### AQUATICS AT HOLLY CENTER

Snow Hill Road, Salisbury 410-742-0505

Aquatic exercises in heated pool. Call for fees.

**Hours sponsored by MAC, Inc.:**

Mon. & Wed., 9:00 a.m. to 10:00 a.m. & 4:30 p.m. to 5:30 p.m.

Tue. & Thur., 11:00 a.m. to Noon & 5:30 p.m. to 6:30 p.m.

Fri., 9:00 a.m. to 10:00 a.m..

**Hours sponsored by Wicomico Co. Health Dept. and Holly Center:**

Mon. & Wed., 5:30 p.m. to 6:30 p.m.

2nd & 4th Sat., 8:00 a.m. to 9:00 a.m.

### CROWN SPORTS CENTER

28410 Crown Rd., Fruitland 410-742-6000

[www.crownsportscenter.com](http://www.crownsportscenter.com)

Indoor and outdoor sports and entertainment including lacrosse, volleyball, soccer, field hockey, baseball, softball, football, adult and youth sports leagues, summer camp, laser tag, arcade, and more. Fee.

**Hours:** Vary by activity. Call for current schedule.

### CURVES FOR WOMEN

732 E. Main St., Salisbury 410-749-2122

30 minute aerobic and strength circuit workout using hydraulic resistance machines designed specifically for women. Weight management counseling available. Monthly Fee.

**Hours:** Mon.—Fri., 7:00 a.m. to 7:00 p.m., Sat., 8:00 a.m. to Noon.  
*Hours subject to change.*

### DIAMOND DREAMS ATHLETIC PERFORMANCE AND FITNESS CENTER

30174 Foskey Ln., Delmar 410-896-4394

[www.diamonddreamsyouth.com](http://www.diamonddreamsyouth.com)

Cardio classes, weight training, personal training, sports conditioning, baseball, softball, ultimate summer camp, after school program, and more. Fee.

**Hours:** Mon.—Thur., 3:00 p.m. to 9:00 p.m.,  
Sat. & Sun., 9:00 a.m. to 4:00 p.m.

## WICOMICO COUNTY PROGRAMS

### GOLF LOCATIONS THROUGHOUT WICOMICO COUNTY (Fees Apply.)

#### ELKS GOLF COURSE

401 Churchill Avenue, Salisbury 410-749-2695

#### GREEN HILL YACHT & COUNTRY CLUB

5471 Whitehaven Rd., Quantico 410-749-5119  
www.greenhillcountryclub.org

#### HORSE BRIDGE GOLF COURSE

Mt. Hermon Rd., Salisbury 410-543-4446

#### KIBBY GOLF DRIVING RANGE

Rounds Rd, Parsonsburg 410-835-8999  
www.kibbygolfandfitness.com

#### NUTTERS CROSSING COURSE AND DRIVING RANGE

30287 Southampton Bridge Rd., Salisbury 410-860-4653  
www.nutterscrossing.com

### ISHINRYU KARATE BARN

Old Ocean City Road, Salisbury 410-742-3755

Karate instruction. Fee.

### KIBBY FITNESS CENTER

Rounds Road, Parsonsburg 410-835-3000

Individual workout programs with certified trainers. Fee.

**Hours:** By appointment.



### MARK MILLER FITNESS

905 South Salisbury Blvd., Salisbury  
443-736-8459 www.markmillerfitness.com

Individual workout programs with certified trainers. Fee.



## WORCESTER COUNTY PROGRAMS

### GOLF LOCATIONS THROUGHOUT COUNTY (FEE)

#### ASSATEAGUE GREENS

Rt. 611, Ocean City 410-312-7526 www.golflink.com

#### BAY CLUB

9122 Liberty Town Rd., Berlin 410-641-4081 www.thebayclub.com

#### BEACH CLUB LINKS

9715 Deer Park Dr., Berlin 410-641-4653 www.beachclubgolflinks.com

#### CONNOISSEUR GOLF

Berlin 410-208-4660

#### DEER RUN

8804 Logtown Rd., Berlin 410-629-00060 www.golfderrun.com

#### EAGLES LANDING

12367 Eagles Nest Rd., Berlin 410-213-7277 www.eagleslandinggolf.com

#### GLEN RIDDLE

11501 Maid at Arms Way, Berlin 410-213-2325 www.glenriddlegolf.com

#### NASSAWANGO

3940 Nassawango Rd., Snow Hill 410-632-3114 www.nassawango.com

#### OCEAN CITY GOLF CLUB

11401 Country Club Rd., Berlin 410-641-1779 www.oceancitygolf.com

#### OCEAN PINES GOLF AND COUNTRY CLUB

100 Clubhouse Dr., Ocean Pines 410-641-6057 www.oceanpines.org

#### OCEAN RESORTS

10655 Cathell Rd., Berlin 410-641-5643 www.golflinks.com

#### PINE SHORE NORTH

11285 Beauchamp Rd., Berlin 410-641-5100 www.pineshorefol.com

#### PINE SHORE SOUTH

8219 Stephen Decatur Hwy., Berlin 410-641-3300

#### RIVER RUN

11605 Masters Lane, Berlin 410-629-7200 www.riverrungolf.com

#### RUM POINTE SEASIDE LINKS

7000 Rum Pointe Ln., Berlin 410-629-1414 www.rumpointe.com

#### THE LINKS AT LIGHTHOUSE SOUND

12723 St. Martins Neck Rd., Bishopville 410-352-5831  
www.lighthousesound.com

#### WINTER QUARTERS

Winter Quarters Dr., Pocomoke 410-957-1171 www.golflink.com

## WORCESTER COUNTY PROGRAMS

### ATLANTIC GENERAL HOSPITAL

Healthway Drive, Berlin 410-641-9734

[www.atlanticgeneral.org](http://www.atlanticgeneral.org)

Yoga. Call for other programs. Fee.

**Hours:** Call for current schedule.

### BLISS HAPPENS YOGA, INC.

12112 Fassett Lane, Berlin 410-629-1802

[www.blisshappensyoga.com](http://www.blisshappensyoga.com)

Fully equipped yoga studio. Small group classes & private yoga therapy available. Fee.

**Hours:** Morning and evening sessions.

### CURVES FOR WOMEN

11070 Cathell Road, Berlin 410-641-0509

213 N. Washington St., Snow Hill 410-632-4112

[www.curves.com](http://www.curves.com)

30 minute circuit aerobic & strength training workout with hydraulic resistance machines designed specifically for women. Weight management counseling available. Fee.

**Hours:** Call for current schedule.

### FURIOUS FITNESS

10452 Old Ocean City Blvd., Berlin 410-629-0066

Cardio & weight training. Yoga, Pilates, aerobics, martial arts. Personal training. Fee.

**Hours:** Call for current schedule.

### GOLD'S GYM

115th St., Ocean City 410-723-4653 [www.goldsgym.com](http://www.goldsgym.com)

Cardio, free weights, circuit equipment, pool, group classes, personal training. Fee.

**Hours:** Mon.—Thur., 6:00 a.m. to 10:00 p.m.

Fri., 7:00 a.m. to 7:00 p.m.

Sat. & Sun., 8:00 a.m. to 6:00 p.m.

## WICOMICO COUNTY PROGRAMS

### MITCHELLS MARTIAL ARTS & FITNESS

1305 S. Division St., Salisbury 410-341-3333

[www.mitchellsmartialarts.com](http://www.mitchellsmartialarts.com)

Martial arts and fitness programs ages 3 - adults. Roller skate club. Fee.

**Hours:** Daily. Call for current times.

### OLYMPIA FITNESS

321 Tilghman Road, Kmart Shopping Center, Salisbury

410-543-9999 [www.olympiafitness.net](http://www.olympiafitness.net)

Full service state of the art health and fitness club. Group classes. Personal trainers. Child care available. Fee.

**Hours:** Mon.—Fri., 5:00 a.m. to 9:30 p.m., Sat. & Sun., 7:00 a.m. to 5:00 p.m.

### PACE (Physical Activity Creates Energy)

St. James AME Zion Church, 521 Mack Ave., Salisbury

410-742-1427

Cardio equipment, free weights, mats, etc. Male and female. Children allowed with parent or guardian. Free, but goodwill offering accepted.

**Hours:** Mon., Tue. & Thur., 10:00 a.m. to Noon and 5:30 p.m. to 7:30 p.m.

### PARKS MARTIAL ARTS

419 E. Main St., Salisbury 410-749-4888

Traditional martial arts for youth and adults.

Tai chi. Fee.

**Hours:** Call for times.



### PENINSULA PILATES AND WELLNESS

720 East College Ave., Salisbury 410-543-2006

[www.peninsulapilates.net](http://www.peninsulapilates.net)

Pilates, yoga, preventive and post-rehab conditioning. Individual and small group instruction. Fully equipped studio. Fee.

**Hours:** Call for current schedule.

**PENINSULA REGIONAL MEDICAL CENTER  
FITNESS PLUS**

**100 E. Carroll St., Salisbury 410-546-6400**  
**www.peninsula.org/body**

Programs for staff and adult general public. Group cardio and weight training classes, yoga, Pilates, Tai Chi, cycling. Fee.  
**Hours:** View website for current schedule.

**PLUS ONE FITNESS**

**913 Snow Hill Rd., Salisbury 410-219-3092**

Full service fitness center. Personal trainers. Fee.  
**Hours:** 7 days per week.

**POWERHOUSE GYM**

**300 Cypress St., Salisbury 410-742-7697**  
**www.powerhousegym.com**

Full service state of the art health and fitness club. Separate area for women. Group classes. Personal training. Child care. Fee.  
**Hours:** Mon.—Thur., 5:00 a.m. to 11:00 p.m.  
Fri., 5:00 a.m. to 10:00 p.m.,  
Sat. & Sun., 7:00 a.m. to 8:00 p.m.



**SLIM - GYMS**

**700 S. Camden Ave., Fruitland 410-341-7000**

30 minute circuit training workout. Treadmills. For men and women. Monthly Fee.  
**Hours:** Call for current schedule.

**THE WELLNESS COMMUNITY**

*Various locations on Eastern Shore. 410-546-1200*

**www.thewellnesscommunity.org/delmarva**

Yoga, Tai Chi, Strength training, etc. for cancer patients, cancer survivors, and caregivers. Classes subject to change.  
**Hours:** Call or visit website for current schedule.

**WESTSIDE COMMUNITY CENTER**

**Bivalve 410-873-2993 www.wicomcorecandparks.org**

Youth indoor soccer, afterschool program. Men's drop-in basketball. Senior group activities. Visit website for current programs. Free for members. Small fee for non-members.  
**Hours:** Varied.

**WICOMICO COUNTY RECREATION AND PARKS**

**Variety of locations throughout the county.**

**410-548-4900 www.wicomcorecandparks.org**

Youth and adult indoor and outdoor programs. Adult programs include volleyball, softball, basketball, ballroom, jazz, line, belly dance, yoga, Tai Chi. Fee.  
**Hours:** Varied

**WORLD GYM**

**800 S. Salisbury Blvd., Salisbury 410-677-4777**  
**www.worldgym.com**

Full service state of the art health and fitness club. Group classes. Personal training. Child care. Fee.  
**Hours:** Mon.—Fri., 5:00 a.m. to 10:00 p.m., Sat. & Sun., 6:00 a.m. to 9:00 p.m.

**YOUTH EXERCISE SERVICES (YES) GYM**

**123 W. Main St., Fruitland 410-742-9201**

Cardio and weight training equipment. Youth Sports conditioning programs. Personal training for special populations. Fee.  
**Hours:** Call for hours.

**YMCA (MID SHORE FAMILY)**

**715 S. Schumaker Dr., Salisbury 410-749-0101**  
**www.middelmarvaymca.org**

Indoor and outdoor pools. Outdoor tennis courts. Indoor racquetball courts. Cardio and weight-training equipment. Group exercise classes. Ballroom, square dance, Zumba. Personal trainers. Aquatic exercise. Youth and adult sports. Child care. Fee. Financial assistance available.  
**Hours:** Mon.—Thur., 5:30 a.m. to 10:00 p.m., Fri., 5:30 a.m. to 8:00 p.m., Sat., 7:00 a.m. to 7:00 p.m., Sun., Noon to 5:00 p.m.