

RESOURCE	REGION	PHONE
COUNTY INFORMATION		
LOCAL AGENCIES		
Aging & Disability Resource Center (ADRC)	Jefferson	920-674-8734 / 800-740-2372
Chamber of Commerce		920-674-4511
Edgerton Area	Edgerton	608-884-4408
Fort Atkinson Area	Fort Atkinson	920-563-3210
Jefferson Area	Jefferson	920-674-4511
Johnson Creek Area	Johnson Creek	920-699-4949
Lake Mills Area	Lake Mills	920-648-6751
Milton Area	Milton	608-868-6222
Palmyra Area	Palmyra	414-531-4357
Waterloo	Waterloo	920-478-2500
Watertown	Watertown	920-261-6320
Department of Health & Human Services	Jefferson	920-674-3105
Veterans Affairs Office	Jefferson	920-674-7240
Parks and Recreation Dept.		920-674-7260
AREA HOSPITALS		
Fort Healthcare Cambridge Clinic	Cambridge	608-423-1100
Memorial Community Hospital	Edgerton	608-884-3441
Fort Healthcare	Fort Atkinson	920-568-5018
Dean Specialty Clinic	Fort Atkinson	920-568-1986
UW Health Clinic	Fort Atkinson	920-563-5544
Fort Healthcare Jefferson	Jefferson	920-674-6000
Fort Healthcare Lake Mills Clinic	Lake Mills	920-648-8170
Aurora Health Center	Lomira	920-269-2060
OUTDOOR BIKING INFORMATION		
Biking maps by county		www.dot.wisconsin.gov/travel/bike-foot/countymaps.htm
Wisconsin biking information		www.dot.wisconsin.gov/travel/bike-foot/bike-index.htm
Wisconsin state bike laws		www.wibikelaw.com
WALK/RUN		
SHOPPING CENTER & MALL		
Johnson Creek Premium Outlets	Johnson Creek	920-699-4111
SCHOOLS		
Cambridge High School	Cambridge	608-423-3262
Cambridge School District	Cambridge	608-423-4345
Deerfield Community School District	Deerfield	608-764-5431
Edgerton School District	Edgerton	608-884-9402
Fort Atkinson School District	Fort Atkinson	920-563-7807
Fox Lake Elementary School	Fox Lake	920-928-3136
St. John's Lutheran School	Fox Lake	920-928-3296
St. Peter's Lutheran School	Helenville	262-593-5273
Ixonia Elementary School	Ixonia	262-560-8405
St. Paul's Lutheran School	Ixonia	920-261-5589
Jefferson School District	Jefferson	920-675-1000
Johnson Creek School District	Johnson Creek	920-699-2811
Lake Mills Area School District	Lake Mills	920-648-2215
Lomira School District	Lomira	920-269-4396
McFarland School District	McFarland	608-838-4500
Milton School District	Milton	608-680-9200
Palmyra-Eagle School District	Palmyra	262-495-7100
Concord Elementary School	Sullivan	262-593-2450
Sullivan Elementary School	Sullivan	920-675-1500
Sun Prairie Area School District	Sun Prairie	608-834-6500
Verona Area School District	Verona	608-845-4300
Waterloo School District	Waterloo	920-478-3633
Watertown School District	Watertown	920-262-1460
LOCATIONS WITH TREADMILLS		
<i>See examples below</i>		

WALK/RUN	REGION	PHONE
PARKS & TRAILS		
State Parks Information		608-266-2181
County Parks Information		920-674-7260
Glacial River Trail		920-563-7781
Glacial Drumlin State Trail		920-648-8774
GYMS / EXERCISE BIKES		
COMMUNITY CENTERS		
Cambridge Community Center	Cambridge	608-423-3712
Deerfield Community Center	Deerfield	608-764-5935
Tri-County Community Center	Edgerton	608-884-9601
Fox Lake Community Center	Fox Lake	920-928-2280
Johnson Creek Community Center	Johnson Creek	920-699-2296
Rock Lake Activity Center	Lake Mills	920-945-0156
Creative Care	Stoughton	608-873-2259
Verona Area Natatorium	Verona	608-845-4635
Watertown Senior & Community Center	Watertown	920-262-8099 / 920-261-7013
Alto Community Center	Waupun	920-346-2680
SENIOR CENTERS		
Fort Atkinson Senior Center	Fort Atkinson	920-563-7773
Jefferson Senior Center	Jefferson	920-675-0102
McFarland Senior Outreach	McFarland	608-838-7117
The Gathering Place	Milton	608-868-3500
Stoughton Area Senior Center	Stoughton	608-873-8585
Watertown Senior & Community Center	Watertown	920-262-8099 / 920-261-7013
YMCA / YWCA		
YMCA	Milton	608-868-9622
YMCA of Sun Prairie	Sun Prairie	608-837-8221
PRIVATE GYMS		
24/7 Fitness	mult locations	phone book / internet
Anytime Fitness	mult locations	phone book / internet
Bally Total Fitness	mult locations	phone book / internet
Curves	mult locations	phone book / internet
Gold's Gym	mult locations	phone book / internet
Snap Fitness	mult locations	phone book / internet
There are many locally-owned gyms near you too!		phone book / internet
POOLS		
COMMUNITY & PRIVATE POOLS		
Edgerton City Pool	Edgerton	608-884-3232
Fort Atkinson Family Aquatic Center	Fort Atkinson	920-563-7799
City of Fox Lake Swimming Pool	Fox Lake	920-928-6199
Jefferson City Pool	Jefferson	920-674-7732
Watertown Aquatic Center	Watertown	920-262-8080
Mercy Fitness & Whitewater Aquatic Center	Whitewater	262-473-4900
HOTEL & MOTEL POOLS		
Comfort Inn	Edgerton	608-884-2118
Holiday Inn Express	Fort Atkinson	920-563-3030
Roadway Inn	Jefferson	920-674-4404
Comfort Suites	Johnson Creek	920-699-2800
Holiday Inn Express	Watertown	920-262-0557
EXERCISE VIDEOS / DVDS		
LIBRARIES		
Deerfield Public Library	Deerfield	608-764-8102
Edgerton Public Library	Edgerton	608-884-4511
Dwight Foster Public Library	Fort Atkinson	920-563-7790
Fox Lake Public Library	Fox Lake	920-928-3223
Jefferson Public Library	Jefferson	920-674-7733
Johnson Creek Public Library	Johnson Creek	920-699-3741
L.D. Fargo Public Library	Lake Mills	920-648-2166
Lomira Public Library	Lomira	920-269-4115
Marshall Community Library	Marshall	608-655-3123
Milton Public Library	Milton	608-868-7462
Powers Memorial Library	Palmyra	262-495-4605

All SPEP materials and videos can be found at www.uwhealth.org/stroke

