

# Fitness Activities for Older Adults in Central Ohio



THE OHIO STATE  
UNIVERSITY  
WEXNER MEDICAL CENTER

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## Community Centers

### Columbus Parks and Recreation Community Centers

Older Adult Fitness and Social Programming, Boccia, Aquatics, and Adaptive Fitness Center

- Ages 50+: [columbusrecparks.com/facilities/communitycenters/fiftyplus](https://columbusrecparks.com/facilities/communitycenters/fiftyplus)
- Adaptive Recreation: [columbusrecparks.com/wellness/therapeutic-recreation](https://columbusrecparks.com/wellness/therapeutic-recreation)

### Ohio State Recreation Centers

Aquatic Classes, Fitness Classes, and Low Impact Gym Equipment

Email: [fitness@osu.edu](mailto:fitness@osu.edu)

Website: [go.osu.edu/inclusiverecreation](https://go.osu.edu/inclusiverecreation)

### Westerville Community Center

Fitness Classes, Silver Sneakers, Yoga, Water Fitness, Dance, Pilates, and Parkinson's Classes

Phone: (614) 901-6888

Website: [parks.westerville.org/registration-rentals](https://parks.westerville.org/registration-rentals)

Select Community Guide on the left side.

### Gahanna/John E. Bickley YMCA

Water Fitness, Parkinson's Classes, and Silver Sneakers

Phone: (614) 389-4529

Website: [ymcacolumbus.org/locations/gahanna](https://ymcacolumbus.org/locations/gahanna)

### Gahanna Senior Center

Yoga and Fitness Classes

Phone: (614) 342-4265

Website: [gahanna.gov/seniorcenter](https://gahanna.gov/seniorcenter)

### Dublin Community Recreation Center

Older Adult Specialized Fitness Classes, and Yoga

Phone: (614) 410-4550

Website: [dublinohiousa.gov/recreation-services/dcrc](https://dublinohiousa.gov/recreation-services/dcrc)

## Hilliard Senior Center

Older Adult Zumba, Yoga, and Fitness Classes

Phone: (614) 876-0747

Website: [hilliardohio.gov/senior-center](http://hilliardohio.gov/senior-center)

## Hilliard/Ray Patch YMCA

Water Fitness and Silver Sneakers

Phone: (614) 389-4557

Website: [ymcacolumbus.org/locations/hilliard](http://ymcacolumbus.org/locations/hilliard)

## Liberty Township/Powell YMCA

Water Fitness, Silver Sneakers, and Parkinson's Fitness

Phone: (614) 389-4566

Website: [ymcacolumbus.org/locations/liberty](http://ymcacolumbus.org/locations/liberty)

## General Sports

### Adaptive Sports Connection

Older Adult Friendly Outdoor Cycling, Kayaking, and Skiing/Snowboarding

Email: [info@adaptivesportsconnection.org](mailto:info@adaptivesportsconnection.org)

Website: [adaptivesportsconnection.org](http://adaptivesportsconnection.org)

## Specialty Programming

### Ohio State Parkinson's Community Classes

Exercise, Yoga, Speaking, and Music Classes

Email: [OSULiveWellIPD@osumc.edu](mailto:OSULiveWellIPD@osumc.edu)

Website: [go.osu.edu/CZ6C](http://go.osu.edu/CZ6C)

## Online Tools

Ohio State Adapted Sports Institute Calendar of Events:

[bit.ly/CbusAdaptSports](http://bit.ly/CbusAdaptSports)

Silver Sneakers Eligibility Check: [tools.silversneakers.com](http://tools.silversneakers.com)

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**This handout is for informational purposes only. Talk to your healthcare provider if you have any questions about your care.**

For more health information, go to [wexnermedical.osu.edu/patiented](http://wexnermedical.osu.edu/patiented) or contact the Library for Health Information at 614-293-3707 or [health-info@osu.edu](mailto:health-info@osu.edu).