



**Monroe County Coalition for Physical Activity & Nutrition**

**MOGO:** Monroe On the Go

**Mission:**

Empower Health Through Physical Activity & Nutrition

**Vision:**

A Healthier Monroe County

Monroe County Health Department  
14301 County Highway B, A-18  
Sparta WI 54656  
Phone: (608) 269-8666

Office Hours: Monday - Friday 8:00 am - 4:30 pm

Brochure Updated June 2009

Activities are subject to change. To confirm details, please contact specific location.



**Monroe On the Go:**

**Monroe County Physical Activity Resources**

Monroe County Coalition for Physical Activity & Nutrition

**Parks**

Parks in the Tomah Area	Location of Parks
Buckley Park	S. Glendale & E. Holton by Tomah Aquatic Center
Butts Park	N. Superior Ave. & Author St
Frank G Andres Firemen's Park	Carol Ave. & E. Brownell St.
Gillette Park	Superior Ave., E. Holton, E. Council & Kilbourn Ave.
Grumann Park	On Kristi Lane off Jodi Circle
Lake Park	On Parkview Dr.
North Glendale Ave. Ball Park Complex	400 N. Glendale
Veteran's Park	On N. Glendale
Waterman Park	Waterman Ave. & Pine St.
Winnebago Park	By Lake Tomah on Brandon St. off Butts Ave.
For more information on parks in the Tomah Area please call: (608) 374-7445 or visit tomahwisconsin.com	

Parks in the Sparta Area	Location of Parks
Blyton Park	E. Montgomery St.
Evans/Bosshard Park	East Ave.
Fisherman's Park	East Ave.
Howard Huff Park	Walrath St.
Memorial Park	N. Rusk Avenue
Tom Gomez Park	Terry Court
Westside Park	Hill Street
For more information on parks in the Sparta Area please call: (608) 269-4123 or visit spartachamber.org	

**Parks & Trails**

**McMullen County Park**

1703 Atlantic Rd. Warrens (608) 378-4913  
**Details:** 65 sites, hiking, fishing, boat landing with dock, small game and deer hunting nearby.

**Mill Bluff State Park**

15819 Funnel Rd. Camp Douglas (608) 427-6692  
**Details:** 21 sites, lake and hiking.

**Whitetail Ridge Park/Pine View Recreation Area**

Fort McCoy is located on Hwy 21 between Sparta and Tomah, please enter gate 19.  
(608) 388-3517 or toll free 800-531-4703  
or visit www.mccoymwr.com

**Details:** 144 sites, mini golf, volleyball, basketball, swimming beach, playgrounds, lake, fishing, reservations accepted and open year-round. Ski area offers downhill and cross country skiing, snowboarding, snow tubing, rentals and lessons.

**Wildcat Mountain State Park**

E13660 State Hwy 33 Ontario (608) 337-4775

**Details:** 37 sites, nature trails, hiking trails, horseback-riding trails and cross-country skiing trails.

**Elroy-Sparta Bike Trail**

111 Milwaukee Street Sparta (608) 463-7109

**Details:** Trail passes required for bikers over age 16.

**Justin Trails**

7452 Kathryn Ave Sparta (608) 269-4522

**Details:** Hiking and cross-country skiing.

**Lemonweir River Walking Trail**

Stretches from Veterans Park to Butts Park.

**Tomah Recreation Trail**

Visit www.tomahwisconsin.com for further details on trail.

**Jellystone Park Camp-Resort**

1500 Jellystone Park Dr. Warrens (608) 378-2000  
or 1-888-386-9644 or campjellystone.com

**Wisconsin Dept. Of Natural Resources (DNR)**

310 N. Superior Ave. Tomah (608) 372-2811 or dnr.wi.gov/

**\*\*\*Admission stickers required in all State Parks\*\*\***



# Get Out and Get Moving

## Sparta

### Fit 4 Life Fitness Center

Hwy 16 East (Century Food Building) (608) 269-0444  
or www.getfit4life.net

### Boys & Girls Club

1000 E. Montgomery Street (608) 269-2582  
or bgcofsparta.org

### Bronston Chiropractic

1020 W. Wisconsin St. (608) 269-8145  
Hours M-W-F 8am-6pm, T 8am-11pm, Th 12pm-5pm and Sat  
8am-10:30am. Exercise equipment available.

### Sparta High School

506 N. Water Street (608) 269-2107  
Can walk in halls after school.

### Senior Exercise Program

Classes held at the Barney Community Center 1000 E.  
Montgomery St. on Mon and Thur 10:15-11:15 am. Call (608)  
269-8690 for details.

### Community Ice Arena

1211 E. Montgomery Street (608) 269-3873

### Sparta Swimming Pool

809 E. Pine Street (608) 269-5344

### Red Rock Trail Rides

13597 Katydid Ave (608) 823-7865

### The Colonial-Bowling

1415 W. Wisconsin Street (608) 269-1806

### Curves for Women

620 Industrial Drive (608) 269-9100

### Franciscan Skemp Healthcare Medically Supervised Exercise Program

310 West Main Street (608) 366-5220  
Details: For people with Chronic Diseases:  
heart disease, lung disease, diabetes, hypertension and morbid  
obesity.

### SNAP Fitness

229 N. Black River St. (608) 269-1700

### Innovations Rehab

501 W. Wisconsin St. (608) 269-0555  
Details: Pilates, Sparta running club meets Wed evenings and  
independent exercise program.

### Best Western

4445 Theatre Rd. (608) 269-2664

Details: Swimming pool available.

### Super 8 Hotel

716 Avon Rd. (608) 269-8489

Details: Swimming pool available.

### More Activities and Information Contact

Sparta Chamber of Commerce: spartachamber.org  
(608) 269-4123 or 1-888-540-8434  
Sparta Park and Rec Dept.: (608) 269-6322



## Tomah

### Fitness Connection

501 N. Superior Ave. (608) 372-3883

### Club 24x7 Hometown Healthclub

201 W. Veterans St. (608) 372-3353

### Anytime Fitness

1018 Superior Ave. (608) 372-7000

### Tomah Therapy Center

430 Julie St. (608) 372-0800  
www.tomahtherapycenter.com

### Tomah High School

901 Lincoln Ave. (608) 374-7358  
Details: Can walk in halls after school.

### Boys & Girls Club

105 W Milwaukee Street (608) 374-4386 or bgctomah.org

### Curves for Women

1021 N Superior Ave. (608) 372-9636

### Tomah Memorial Hospital

"Heart and Soul" Medically Supervised

### Exercise Program

321 Butts Ave. (608) 374-0358  
Details: For anyone with heart disease or at risk of  
developing heart disease, lung disease or diabetes.

### Strike Zone Bowling Alley

210 Superior Ave. (608) 372-2118

### Senior Exercise Program

Sponsored by Tomah Memorial Hospital  
Classes held at the Senior Center 1002 Superior Ave. on  
Mon, Wed and Fri. Call (608) 269-8690 for details.

### Tomah VA- Veterans Affairs Medical Center

E. Veterans St. (608) 372-3971  
Details: Indoor walking available in specified hallways.

### Tomah Aquatic Center

E. Holton St. (608) 374-7446  
Details: Open seasonal, offering swimming lessons  
throughout summer and adult swim from 4:30-6:00 pm.

### Tomah Hockey Rink

Near Tomah Recreation Park 1625 Butts Ave. on the  
corner of Butts Ave. and Cty Hwy CM.  
Details: Open skating hours contact Parks & Rec Dept.  
(608) 374-7445, Seven Rivers Figure Skating Club  
information visit online at: 7rclub.dooleyserver.net

### Americ-Inn Lodge & Suites

750 Vandervort St. (608) 372-4100  
Details: Reduced therapy swimming rates and water  
aerobics available.

### Cranberry Country Lodge Water Park

319 Wittig Rd (608) 374-2801  
Details: Swimming pool and therapy pool available.

### Econo Lodge

2005 N. Superior Ave. (608) 372-9100  
Details: Reduced therapy swimming rates.



### Holiday Inn of Tomah

Jct. I-94 & Hwy 21 (608) 372-3211

Details: Swimming pool available.

### More Activities and Information Contact

Tomah Chamber of Commerce: tomahwisconsin.com  
(608) 372-2166 or 1-800-948-6624  
Tomah Park and Rec Dept.: (608) 374-7445

## Cashton

Activities change on a seasonal basis, so please contact  
the Activities & Wellness Director (608) 654-5660  
or e-mail at activities@scenicbluffs.org for current  
schedule.

### Cashton Elementary School Open Gym

Details: Sunday 6-8 pm and Wednesday 6:30-8 pm.

### Cashton High School

Cardio Room for community use  
Details: Monday-Friday 6:30 am-8 am and Monday-  
Thursdays 6-8 pm

### Scenic Bluffs Walking Program

At Cashton High School: Monday-Friday 6:30-7:30 am  
At Cashton Elementary School: Monday-Friday 6:30-  
7:45 am and Monday-Friday 3:30-7:30 pm

### Senior Exercise Class

Trinity Lutheran Church of Cashton  
Details: Monday & Wednesday 10-11am, fee for class.

### Zumba-Aerobics Classes

Details: Please call (608) 487-0766 for information.

### More Activities and Information Contact

Scenic Bluffs Community Health Centers- Cashton  
Clinic (608) 654-5100  
or e-mail: activities@scenicbluffs.org

Summer Rec Program information contact Activities  
and Wellness Director (608) 654-5660.

## Golf

### Hiawatha Golf Club

10229 Ellsworth Rd. 1 mile N of Tomah off Hwy 21  
(608) 372-5589, 18-hole course.

### Holiday Lodge Golf Resort

10555 Freedom Rd. E. of Hwy 21, Tomah  
(608) 372-9314 or 1-800-236-2670, 18-hole course.

### Veteran's Golf Club

500 E. Veterans St., Tomah (608) 372-1243,  
9-hole course

### River Run Golf Course

1210 E. Montgomery Street Sparta (608) 269-3022,  
18-hole course.

## Other areas within the County

### Senior Exercise Program

Classes held in Kendall on Mon, and Thur. at 9 am.  
Call (608) 269-8690 for details.

### Senior Exercise Program

Classes held in Wilton at Community Center on Mon,  
Wed and Fri. at 9 am. Call (608) 269-8690 for details.

### Ontario-Norwalk-Wilton High School

28861 State Highway 131 Ontario, WI (608) 337-4401  
Details: Can walk in halls after school.

### Wilton Swimming Pool

302 East St. Wilton, WI (608) 435-6755

### Woods and Meadow Game Farm

N4335 Potter Rd. Warrens, WI (608) 378-4223  
Details: 1,000 acres of Hunting Preserves. Call for  
reservations and fees. Permit required.

