

St. John Valley Tech Center

FREE -Use of building hallways for walking
Monday -Friday
September 1 –May 31
7 -8:15 am & 2:30 -3:45 pm
No requirements
Contact: 207-543-6606

Madawaska Multi Purpose Center

FREE -Indoor walking

Monday –Friday 8 am –4 pm &
whenever the facility is open for public events

Walking Club **FREE** & open to anyone interested in participating

To learn more about the Walking Club or Multi Purpose Center hours, call:
207-728-3604

Madawaska Recreation Department Wellness Center

Gym Membership application available online @ www.townofmadawaska.com

Various membership options available including **discounts for students and seniors**

FREE –seniors over age 80
Background check required
Keyless entry 7 days a week
3:30 am -10 pm

Contact: 207-728-3604

Madawaska High School

FREE -Access to walking indoors at the middle/high school
Sign liability waiver in main office

Monday –Friday following school calendar
6:30 –7:30 am
Sign in & out at main office

Contact: 207-728-3371

Resource Guide Indoor Physical Activity Facility Access St. John Valley Region



For more information, contact:
Joanne Fortin at 207-834-1353 or
Email at j.fortin@nmmc.org

*Care you count on
People you Trust.*

**Fort Kent Community High
School
Wellness Center &
Gymnasium**

FREE -Gym access for walking:
School year only
M-F 5:30 -7:30 am
Membership not required but
must sign waiver of liability

Wellness Center membership
fees:
\$125/year
\$75/6 months
\$20/month

Wellness Center Hours:
School year only
M-F 5:30 -7:30 am & 3 -8 pm
Saturdays 7 -11 am
Waiver of liability must be
signed.

To sign up or learn more
contact:
Continuing Education (Adult Ed)
Office at Community High
School
Contact: 207-834-3536

UMFK

FREE -Walking in the gymnasium for
individuals age 65 and over
Year round, weekdays
6 -9 am

*Athletic Facility memberships:
Seniors >65
\$20/month
\$50/3 months
\$75/6 months
\$100/year

Member benefits include:
Full use of gym, weight room, cardiovas-
cular room, racquetball courts, sports
equipment rental, locker rooms, &
professional staff

Athletic Facility Hours:
M-F 6 am -10 pm
W/E 9 am – 6pm
Contact: 207-834-7876

*For complete listing of membership
options, contact the UMFK Athletic Center.

RSVP/NMMC partnership

FREE -Bone Builder class
Every Monday & Wednesday
10 -11 am
Location: Forest Hill Rehab In service
room, lower level
Registration, medical release & signed
waiver required.
Contact: 207-834-1353

**Aroostook Area Agency on
Aging/NMMC Partnership**

FREE -Tai Chi for Arthritis class
9:30 -10:30 am
2/23/17 -4/13/17
Age 55 and over

Location: Forest Hill Rehab
In service room, lower level

Registration, medical release &
signed waiver required.

Contact: 207-834-1353

**Northern Aquatics Pool &
Gymnasium**

Membership:
Seniors age 60 & over
\$27/month & one time \$5 activation fee
Open 7 days a week
Register at Northern Maine General
Main Office
Business hours: M -F 8 am -4 pm
Use of facility outside business hours
requires a buddy who is also a member.
Facility may be used for walking and
swimming.
Contact: 444-5152