

Exercise Opportunities for the Entire Family

All area codes are 423 unless otherwise indicated.

CHATTANOOGA

505-9451 North River Soccer Assoc.(Dupont Park)

HIXSON

877-6462 Abba's House
875-0800 Alicia's School of Dance
843-4793 Big Ridge Elementary Walking Track
843-9755 Body Balance
842-4219 Burk's United Methodist Church
842-7011 Camp Columbus
842-6629 Chattanooga OutVenture
842-0177 Chester Frost Park
842-5911 Creeks Bend Golf Club
875-0555 Curves for Women
842-9299 Dallas Bay Baptist Church
875-7011 DuPont Walking Track
505-5605 The Sinks Disc Golf Course
778-3483 Erlanger HealthLink Plus at Northgate Mall
870-1200 Fitness Master of Chattanooga
311 Greenway Farm
877-6232 Hixson Church of Christ
842-0923 Hixson Driving Range
847-4800 Hixson High School Walking Track
870-0600 Hixson Middle School Walking Track
842-9622 Hixson Raquet Club
843-2695 Holiday Bowl
875-6720 Karen Horton School of Dance
870-1298 Memorial Health Place
842-0177 Middle Valley Park
842-1163 N. Chickamauga Creek Greenway
800-332-0900 N. Chickamauga Wildlife Management Area
870-9521 Northgate Mall Walkers
870-8924 North River Civic Center
877-3517 North River Family YMCA
842-0177 Pinky's Point
875-8888 Shapes and Sizes
870-2582 Sports Barn North
842-6629 TN. River Blueway
424-0224 The Rush 24/7
870-1236 Trinity Lutheran Church
800-TVALAND TVA Big Ridge Small Wild Area
842-4646 Valleybrook Golf and Country Club
842-0177 Vandergriff Park
842-0688 World Gym

NORTH CHATTANOOGA

870-1200 Building Better Athletes
311 Champions Club Tennis Complex
266-6178 Chattanooga Golf and County Club
266-3539 Clear Spring Yoga Studio
311 Coolidge Park and Walnut Street Bridge
267-9146 Fusion Fitness and Physical Therapy
311 Hill City Playground
311 North Chattanooga Playground
311 Portland Park
311 Renaissance Park
311 Rivermont Park
311 Riverview Playground
311 Riverview Bird Sanctuary

RED BANK

842-0177 Alpine Crest Park
875-8154 Calvary Baptist Church Life Care Center
877-1103 Kid's Korner Playground
311 Mountain Creek Park
877-4514 Red Bank Baptist Church
874-1917 Red Bank Elementary School Walking Track
877-1103 Red Bank Park
875-5988 Red Bank Senior Citizen's Center

SALE CREEK

842-0177 Bakewell Park
931-456-6259 Cumberland Trail

SIGNAL MOUNTAIN

886-4842 Bachman Community Center
931-456-6259 Cumberland Trail
886-1101 Curves for Women
615-532-0431 Falling Water Falls State Natural Area
886-4362 Mabbitt Springs
886-1959 Mountain Arts Community Center
800-332-0900 N. Chickamauga Creek Gorge State Natural Area
634-3091 Prentice Cooper State Forest
886-4362 Pumpkin Patch
842-0177 Shackelford Ridge Park
886-4071 Signal Mountain Athletic Club
886-5340 Signal School of Physical Education
886-2241 Signal Mountain Golf & County Club
886-2190 Signal Mountain Presbyterian Church
886-2281 St. Timothy's Episcopal Church
615-532-0431 TN. Wildlife Resources Agency
886-2177 Town of Signal Mountain
517-8902 Tutu's and Tap Shoes Dance Studio

SODDY-DAISY

931-456-6259 Cumberland Trail
847-0222 Curves of Soddy-Daisy
332-2558 Daisy Church of God
451-0530 Fitness Warehouse
332-5323 Holly Park
451-0065 Jazzercise Fitness Center
332-5323 Kids Park
332-3111 Montlake Golf and Country Club
332-1103 Montlake Classic Clays
615-532-0431 N. Chickamauga Creek Gorge State Natural Area
800-332-0900 N. Chickamauga Wildlife Management Area
332-5323 Scramble Alley
332-1702 Soddy-Daisy Senior Citizen's Center
332-5323 Veterans Park

DIET & NUTRITION RESOURCES

855-6113 UT-TSU Hamilton Co. Extension Services

HELPFUL WEBSITES

www.chattanooga.gov/PRAC/30_1089.htm
www.hamiltontn.gov/parks/contact/default.htm
www.sigmtn.com/recreation/index.php
www.soddydaisy.org/parks_recreation.html
www.tva.gov/river/recreation/index.html