

# Physical Activity Programs

There are many opportunities for families to take part in physical activities around the community, listed below are just a few .

## **CrossFit Simple for Kids & Teens**

**Address:** 1215 East Walnut Street

Carbondale, IL 62901

**Phone:** 618-559-0473

**Website:** <http://www.crossfitsimple.net/crossfit-kids.html>

CrossFit Simple offers both CrossFit Kids and CrossFit Teens programming. These programs focus on strength and conditioning designed for younger people and their specific developmental needs, i.e., neurological, cognitive, motor skills, etc. It is a program used across the country by parents who want to keep their children healthy, stressing the importance of exercise and healthy living starting at a young age.

## **CrossFit So ILL for Kids**

**Address:** 609 S Illinois Ave

Carbondale, IL 62901

**Phone:** (618) 305-4940

**Website:** <http://www.crossfitsoill.com/>

CrossFit Kids is an absolutely safe and effective way to teach ALL kids about the fun of fitness – it is for children of EVERY fitness level – each Workout of the Day (WoD) is scaled and tailored to fit each child's physical abilities. Parents are welcome, but not required to stay.

## **Camp Jumpstart**

**Address:** 3602 Lions Den Road

Imperial, MO 63052

**Phone:** 636-287-5004

**Website:** <http://www.campjumpstart.com/>

Located just across the Illinois border, Camp Jump Start is locally and internationally known residential weight loss summer camp. It was developed to encourage healthy and active lifestyle habits such as camping, fitness, nutrition, health education and leadership training.

## **Carbondale Park District**

**Address:** Life Community Center

2500 W. Sunset Drive

Carbondale, IL 62901

Phone: 618-549-4222

Website: <http://www.cpkd.org/recreationprograms.html>

The Carbondale Park District offers recreation programs for all ages. They have specific youth programs, as well as family programs.



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## **John A. Logan College Community Health Complex**

**Address:** 700 Logan College Drive  
Carterville, IL 62918  
**Phone:** 618-985-3741  
**Website:** [www.jalc.edu/chec](http://www.jalc.edu/chec)

## **Gold's Gym**

**Address:** 2421 West Main Street  
Carbondale, IL 62901  
**Phone:** 1-877-465-3703  
**Website:** [www.goldsgym.com](http://www.goldsgym.com)

## **Murphysboro Park District**

**Address:** 710 South 24th Street  
Murphysboro, IL 62966  
**Phone:** 618-684-3333  
**Website:** [www.murphysboropark.com/](http://www.murphysboropark.com/)



## **Southern Illinois University Carbondale Recreation Center**

**Address:** 300 East Grand Avenue  
Carbondale, IL 62901  
**Phone:** 618- 453-1277  
**Website:** <http://www.reccenter.siu.edu/>

The SIUC Recreation Center offers something for the whole family. They have personal trainers available and offer youth recreation programs including dance, swimming, and martial arts.

There are many other fine physical activity programs in your area. For a more comprehensive list of programs and services in your area please consult your local Yellowpages.

