

# Wellness Resources in Henry County

Resources to help you eat right and stay active. Find what works for you!

## INDOORS

**Anytime Fitness** [www.anytimefitness.com](http://www.anytimefitness.com)  
700 N. Grand Ave., Mt. Pleasant 319.385.2033

**Crossfit Teo** [teomp.com](http://teomp.com)  
2555 Lexington Ave., Mt. Pleasant 319.217.9368

**Kaufman Fitness Center** (Wayland)  
Contact WACO Central Office for memberships 319.256.6201

Iowa Wesleyan University  
**Howe Activity Center Walking Track**  
Available for public use Monday – Friday 5am-10pm  
(Unless an IW event is scheduled or campus is closed. Walkers should bring a different pair of walking shoes than they wear in. No strollers. Children must be supervised. Hours subject to change.)

**The REC Center** [www.mpreccenter.com](http://www.mpreccenter.com)  
200 E. Monroe St., Mt. Pleasant 319.385.2960  
Sport training, strength & conditioning, swim lessons

**Wayland Fitness**  
508 W. Main, Apt. 112, Wayland 319.256.7200

**Winfield Fitness Center**  
1175 Locust St., Winfield (Amy) 319.759.0702

## OUTSIDE

**Henry County High Wheelers** bicycling club  
Call Mark Hamilton at 319.385.7137

**Mt. Pleasant Recreation Trails**  
Wide, paved trails offer scenic routes for walking, running or biking.

**Wayland Walking Path**  
West Park on Main Street. Wide, paved path for walking, running, or biking. 7 connecting loops cover approximately 1/2 mile.



### OUTDOOR TRACKS

Available for public use when not in school use and according to school rules. No pets or strollers.

- **Mapleleaf Athletic Complex**  
E. Mapleleaf Dr., east of Lincoln St., Mt. Pleasant
- **New London School Track**, New London
- **WACO School Track**, Wayland
- **WMU School Track**, Winfield



### PICKLEBALL

**Mt. Pleasant Outdoor Pickleball Courts** 6 outdoor courts are available for public use when school is not in session. Mt. Pleasant Middle School, 400 N. Adams St.



## WATER ACTIVITIES

**Mt. Pleasant Aquatic Center**  
Saunders Park, 601 W. Clay St. 319.385.1475

**The REC Center** (indoor pool)  
200 E. Monroe St., Mt. Pleasant 319.385.2960

**Rick Rodgers Community Pool**  
409 N. Clark St., Winfield 319.257.6878

**Wayland Splash Pad**  
West Park Wetlands, Main St., Wayland 319.256.3276

## YOUTH ACTIVITIES

**Mt. Pleasant Girls Softball**  
[Facebook.com/mtpleasant.softball](https://www.facebook.com/mtpleasant.softball)

**Mt. Pleasant Park & Recreation Department**  
Offers a variety of preschool, youth and adult programs.  
220 W. Monroe St., Mt. Pleasant 319.385.1475  
[cityofmountpleasantiowa.org/parks-recreation](http://cityofmountpleasantiowa.org/parks-recreation)

**Mt. Pleasant Youth Baseball**  
Contact The REC Center at 319.385.2960





# PARKS AND NATURE

## East Lake Park

1722 Lexington Ave., Mt. Pleasant 319.385.1475  
120 acre park with a paved trail around a 6.5 acre pond. Facilities include playground areas, softball diamonds, soccer fields, sand volleyball courts, tennis courts, horseshoe courts, outdoor fitness equipment, disc golf, and a driving range.

## Geocaching

An outdoor treasure hunting game using GPS-enabled devices. Navigate to a specific set of GPS coordinates and then attempt to find the geocache (container) hidden at that location. Get started at [geocaching.com](http://geocaching.com) or download the official app.

## Geode State Park

319.392.6201  
Scenic 1,640-acre park encompassing Lake Geode with picnic areas, hiking, fishing, swimming, biking & camping.

## Oakland Mills Park

2593 Nature Center Drive, Mt. Pleasant 319.986.5067  
Activities include the Skunk River Water Trail, a self-guided nature trail and a smart trail (CODE Trail), a fishing pond, disc golf course, bocce ball court, horseshoe pits, recreational cabins, campgrounds, and a swinging bridge.

## Oakland Mills Nature Center

2591 Nature Center Drive, Mt. Pleasant 319.986.5067  
Live animal display, outdoor classroom, and environmental education programs.

## Recreation Areas with Hiking Trails

[henrycounty.iowa.gov/conservation/](http://henrycounty.iowa.gov/conservation/) 319.986.5067

- **Gibson Recreation Area** 1259 260th St., Mt. Pleasant
- **Hoaglin Woods** 3189 Benton Ave., Hillsboro
- **Mud Creek Recreation Area** 2570 312th St., Danville

*Don't forget to check out your city parks to see what activities they have to offer! Call or visit your City Hall if you are new to the area to find out more.*



# HEALTHY EATING

## Community Gardens – Grow your own vegetables!

- **Mt. Pleasant** 211 S. Jackson St.  
Contact The Fellowship Cup @ 319.385.3242
- **Wayland** across from WACO high school.  
Contact 319.201.9630
- **Winfield** across from WMU.  
Contact WMU FFA program @ 319.257.7700 ext. 165

**Mt. Pleasant Farmers Market** Facebook/mtpfarmersmarket  
Wright Pavilion at McMillan Park  
May – October Wednesdays 4-6pm, Saturdays 8:30-11am

## Spend Smart Eat Smart

[spendsmart.extension.iastate.edu](http://spendsmart.extension.iastate.edu)  
Learn how to feed your family nutritious meals for less money! Find recipes and ideas to help you eat healthy, save money, and stretch your food budget.

# GOLF

## Deerwood Golf Club

2870 Deerwood Golf Rd., New London 319.367.5216

## East Lake Park Disc Golf and Driving Range

1722 Lexington Ave., Mt. Pleasant 319.385.1475

## Mt. Pleasant Golf and Country Club

2275 Hickory Ave., Mt. Pleasant 319.986.6157

## Riverview Disc Golf Course

North Shore of Oakland Mills Park 319.986.5067

## Twin Lakes Golf Course

409 N. Clark St., Winfield 319.257.6253

