

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
700 N. Grand Ave., Mt. Pleasant 319.385.2033

Crossfit Teo 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
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.
307 E. Monroe St., Mt. Pleasant 319.385.1475
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 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/ 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
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

