

EUGENE/SPRINGFIELD ACTIVITIES

Fitness Centers

- ◆ **Better Bodies Fitness Center**, 303 E. Main St., Cottage Grove. 942-5612
- ◆ **Courtsports Athletic Clubs**, Weights, racquetball, water aerobics, yoga, stretching class, lap pool.
 - 4242 Commerce St., Eugene (687-2255),
 - 2728 Pheasant Blvd., Springfield (736-1167).
- ◆ **Crux Rock Gym**, 401 W. Third Ave., Eugene. Rock climbing. 484-9535 or www.cruxrock.com
- ◆ **Curves for Women** – www.curves.com
 - 4730 Village Plaza Loop, Suite 145, Eugene (341-4900)
 - 3165 W. 11th, No. 1-B, Eugene (349-1411)
 - 23 E. 28th Ave., Eugene (683-4600)
 - 858 w. Park Place, Eugene (343-3118)
 - 537 W. Centennial Blvd., Springfield (988-1607)
 - 5507 Main St., Springfield (736-8822)
 - 1133 Main St., Cottage Grove (942-9580)
 - 24975 Hwy 126, Veneta (935-6200)
- ◆ **Downtown Athletic Club**, 999 Willamette St., Eugene (484-4011)
www.downtownac.com
- ◆ **Echo hollow Pool and Fitness Center**, 1655 Echo Hollow Road, Eugene (682-5525)
- ◆ **Eugene Family YMCA**, 2055 Patterson St., Eugene (686-9622)
- ◆ **Eugene Swim & Tennis Club**, 2766 Crescent Ave., Eugene (342-4414)
www.estc.org
- ◆ **Gold's Gym**, www.goldsgym.com
 - 1009 Green Acres Road, Eugene (484-0970)
 - 215 Q St., Springfield (746-3533)
- ◆ **In Shape Athletic Club**, 2681 Willamette St., Eugene (687-2200)
www.inshapeathleticclub.com
- ◆ **Iron Works Gym**, 600 Dale Kuni Road, Suite 110, Creswell (895-2148)
- ◆ **Jazzercise**, 825 Monroe St., Eugene (344-2700) www.jazzercise.com
- ◆ **Let's Move Fitness**, 503 Sunnyside Drive, Eugene (344-6645)
- ◆ **Oakway Fitness Center**, 170 Oakway Road, Eugene (343-3314). Gym, basketball, volleyball, pool.
- ◆ **Oz Fitness**, 3000 Gateway Loop, Suite 110, Springfield (741-2444)
- ◆ **Sheldon Pool and Fitness Center**, 2443 Willakenzie Road, Eugene (682-5314)
- ◆ **Stewart Aquatic Center**, 3575 Donald St., Eugene (686-9290),
www.stewartaquatic.org
- ◆ **Total Body Fitness, Inc**, 121 W. Sixth Ave., Junction City (998-6004)
- ◆ **Ultimate Fitness**, 377 Coburg Road, (485-9160)
- ◆ **Veneta Health Club**, 88267 Territorial Road, Veneta (935-6000)

Public Pools

- ◆ **Amazon Pool**, 2600 Hilyard St., Eugene (682-5350). Open seasonally.
- ◆ **Echo Hollow Pool**, 1655 Echo Hollow Road, Eugene (682-5525)
- ◆ **Eugene Family YMCA**, 2055 Patterson St., Eugene (686-9622)
- ◆ **North Douglas Swimming Pool**, 100 Anna Drain Park, Drain (836-7549)
- ◆ **River Road Pool/Spa/Fitness Center**, 1400 Lake Drive, Eugene (461-7777)
- ◆ **Sheldon Pool**, 2443 Willakenzie Road, Eugene (682-5314)
- ◆ **Splash! Lively Park Swim Center**, 6100 Thurston Road, Springfield (736-4222)
- ◆ **Stewart Aquatic Center**, 3575 Donald St., Eugene (686-9290),

www.stewartaquatic.org

- ◆ **Willamalane Park Swim Center**, 1276 G St., Springfield (736-4080),

www.willamalane.org

Team Sports

- ◆ **Amazon Community Center**, 2700 Hilyard St., Eugene (682-5409)
- ◆ **Willamalane Park & Recreation District**, 765 A St., Springfield (736-4553)

www.willamalane.org

Walking

- ◆ **Eugene-Springfield Mossbacks**, 215 W. C St., Springfield (747-6470)

www.mossbacks.org

- ◆ **Walk with Me** (684-4951), www.walk-with-me.com. Fitness walking and marathon walking training groups.

Running

- ◆ **Eugene Running Company**, 116 Oakway Center (344-6399), www.eugenerunningcompany.com. Group runs at 9 am Sundays and 6 pm Mondays. Beginner's running group at 6 pm Tuesdays, walking group 6 pm Wednesdays

Cycling

- ◆ **GEARS Bicycling Club**, www.eugenegears.org, weekly rides
- ◆ www.orbike.com

Walking/Running Trails

- ◆ **The Adidas Oregon Trail**, Amazon Park, Eugene. Figure 8 shape, flat grade trail is 1 mile with a quarter mile loop and a 1,500 meter loop. Located next to Roosevelt Middle School in Eugene. Parking available at corner of 24th and Amazon Parkway. Trail is lit for night running.
- ◆ **Hendricks Park Trail**, Fairmount Boulevard, Eugene. Trail has a moderate to steep grade and can vary in length up to 11 miles. Follow Birch Street; a block south from corner of 15th and Fairmount, drive up steep hill approximately 1 mile.

- ◆ **Pre's Trail**, Alton Baker Park & Willamette River, Eugene. Scenic path has loops from 1 mile to 10,000 meters. Also connect to the Willamette River Trail. Parking at Alton Baker Park near corner of Country Club Road and Martin Luther King Junior Boulevard. Trail also accessible at Autzen footbridge, near Franklin Boulevard and Agate Street, and Knickerbocker foot bridge, near Franklin and Riverview.
- ◆ **Row River Trail**, Row River Road, Cottage Grove, 15 mile paved trail. Follow I-5 south to Cottage Grove exit 174. Proceed straight to Main Street; trailhead is just before railroad tracks at Main and 10th. 942-2411.
- ◆ **Skinner's butte Trail**, High Street, Eugene. One mile, moderate grade trail.
- ◆ **Willamette River Trail** along both banks of Willamette River through Eugene. More than 100 miles of paths and multi-use trails bordering the Willamette River; connected to Springfield's 29 miles of bike routes.
- ◆ **Trails**, www.trails.com/city-trails.asp.?keyword=Eugene&state=OR

Challenge Course

- ◆ **Spencer Butte Challenge Course**, south of 52nd Avenue off o Willamette Street. Series of ropes, cables, swinging bridges, poles, tires, ladders, platforms and pilings. 682-6324. www.eugene-or.gov/rec.

Dancing

- ◆ Memorial Building, 1626 Willamette St., Eugene. Variety of dance events include ballroom lessons on the second Sunday of every month at 6 pm. (call Linda Smith at 556-9133). The Max Restaurant and Night club, located in the Memorial Building, hosts multiple dances per week. Call 344-8600.
- ◆ Tango Center, 194 W. Broadway, Eugene. Popular dance hall hosts a variety of dances, including Argentine tango and other styles every Saturday at 8 pm. Call 349-8682.
- ◆ Cozmic Pizza, 199 W. Eighth Ave., Eugene. Salsa lessons and performances typically take place one Saturday per month. Call 338-9333 or visit instructo Jose Cruz's web site at www.salseros.com.

Miscellaneous

- ◆ River House Outdoor Program, 682-5329
- ◆ University of Oregon Outdoor Program, 346-4365
- ◆ Obsidians, Eugene, www.obsidians.org
- ◆ River Road Park & Recreation District, Eugene, www.rrpark.org
- ◆ www.all-oregon.com/city/eugene/recreation.htm
- ◆ Recreational activities in Eugene, www.eugene-or.gov
- ◆ www.gonorthwest.com/oregon/willamette/eugene/euactivities.htm
- ◆ www.lanecounty.org/parks/default.htm
- ◆ www.visitlanecounty.org
- ◆ www.oregonriversports.com