

Altoona Campus

Visit our Web site at www.altoonacampus.com



Altoona Campus is strengthening body, mind, community with its commitment to the overall wellness of its members, the city of Altoona, and its neighboring areas. Just a 15-minute drive from the heart of Des Moines, Altoona Campus attracts its thousands of single and family members with extensive program offerings, superior facilities and its friendly environment. This United Way, non-profit agency offers multi-generational fitness and recreational programming for children, teens, adults, and senior citizens.

Amenities include:

- 50,000+ square-foot, state-of-the-art fitness facility
- Strength, cardio and nutrition orientation for new and existing members
- Award-winning aquatics program including Red Cross swim lessons for children and adults
- New aerobics studio with low-impact and high-impact classes, kickboxing, step, Yoga, Pilates, Tai Chi, Chicometrics, Tae Kwon Do and more!
- Personal training and group training options with wellness-centered incentive programs
- New 5,000+ square-foot weight room with over 5,000 pounds of free weights, nearly 30 weight machines and over 30 cardio stations
- Two-court gymnasium with indoor track and racquetball court
- Six-lane, 25-yard indoor swimming pool and whirlpool
- Youth fitness and recreational programs
- Nursery care for infants and toddlers
- Wellness-based education: health screenings, programs and nutrition information
- Community area with treadwall, pool table and ping pong table
- Meeting rooms with kitchen for hosting public or private receptions, events and gatherings

Hours of operation:

Monday through Friday 5:00 a.m. - 10:00 p.m. (9:00 p.m. June - August)

Saturday 7:00 a.m. - 7:00 p.m. (5:00 p.m. June - August)

Sunday 12:00 p.m. - 7:00 p.m. (5:00 p.m. June - August)

State of Iowa employees are eligible for corporate discounts and may choose the payment plan that best meets their needs. Altoona Campus does not charge a joining fee. **Fitness and aquatic classes are free to all adult members.**

Corporate rate and payment plan information is available on our Web site at www.altoonacampus.com, or call the Membership Department at 515-967-0788. Altoona Campus is located at 1500 8th Street in Altoona. Facility tours and membership information are available anytime!

Altoona Campus - strengthening mind, body, community