

Ways to Be More Physically Active in Martinsville and Morgan County

(August & September 2026)



Option 1: Free Physical Activity Options in Martinsville

1. Outdoor Trails and Parks in Martinsville

- [Jimmy Nash Trail](#) (City Park)
 - A rugged, wooded 2-mile hiking trail perfect for a more challenging and scenic workout.
 - The park is open daily from 6:30am-9pm.
- **Paved Walking Trail at Jimmy Nash City Park**
 - Each lap is $\frac{1}{4}$ mile and ideal for leisurely walks or low-impact exercise.
 - Includes outdoor exercise equipment within the loop for a circuit-style workout.
- **City Park Dog Park**
 - Take your dogs out for exercise while getting your steps in. Great for dog owners seeking shared activity time. Please remember to pick up your dog poo!

2. Community-Led Free Programs and Events (Morgan County)

- **Yoga and Meditation for Absolute Beginners (Teens/Adults/Family)**

*August 4, 11, 18th at the Morgan County Public Library (Main Branch) 6:30-7:15pm

* Registration Required: Follow [this link](#) to sign up!

- **Morgan in Motion 5K Walk/Run**

- Upcoming Dates for this event are August 26th, September 30th, and October 28th. 6pm start time for all dates.
- Location changes each month. The August 26th 5K will be at Pioneer Park. The locations for September and October are to be announced. Follow [this link](#) to stay updated on locations!

- **Martinsville in Motion City Walk**

- Wednesdays from 12-12:30 (60 West Pike Street)
- Get out and move your body in a nonstressful way. Get to know someone new in the community, or catch up with old friends.

- **YMCA Weekly Yoga (Beginner Friendly)**

- Thursdays 10-10:45am
- Location: Mooresville Public Library
- Bring a water bottle, comfy clothes, and a mat. COme and stretch and relax!

Option 2: Paid Physical Activity Options in Martinsville

1. [YMCA of Morgan County](#)

Business Hours (Mon-Thurs 6am-9pm, Fri 6am-6pm, Sat 8am-4pm, Sun Closed)

Phone Number: 765-342-6688

- **Membership Includes:**

- Full gym access
- Indoor swimming pool
- Fitness classes and wellness programming
- **Affordable Monthly Rates** available for individuals and families. Multiple plan options that fit your budget!

2. Local Gyms and Fitness Centers

- [Planet Fitness](#)

Business Hours (Mon-Thurs 5am-11pm, Fri 5am-9pm, Sat-Sun 7am-7pm)

Phone Number: 765-516-6800

- Current Promotion: Join for **\$1 down and \$15/month** (offer ends September 12th)
- Features: Cardio machines, strength equipment, and massage chairs.

- [Anytime Fitness](#)

Business Hours (Open 24 Hours)

Phone Number: 765-342-3600

- Join now for **\$1** (limited time promotion).
- 24/7 gym access with multiple membership options available.

- [K2 Fitness, Raise the Bar Fitness, and Atlas Strength and Conditioning](#)

- These local gyms offer weight training, group classes, and personalized fitness coaching.
- Rates vary depending on the facility and membership tier. (Please see linked websites for business hours, phone numbers, etc)

3. Local Fitness Classes (Small Fees)

- Line Dancing Classes Every Wednesday at the Martinsville Senior Center from 6:30-8pm. \$5 cash at the door. Learn line dances in a beginner friendly environment with no judgement if you miss a step!
- Yoga for Every-Body at the YMCA of Morgan County Every Monday at 6pm. \$10 for each session you attend.