Spanish Fork Parks and Recreation	spanishfork.org/dept/parkrec/ 801-804-4600
Springville City Parks	www.springville.org/buildings-and-grounds/city-parks/ 801-489-2775
Springville Recreation	www.springville.org/recreation/ 801-489-2730
Utah County Parks	utahcounty.gov/parks/ParkList.asp 801-851-8640
Vineyard Parks and Recreation	www.vineyard.utah.gov/recreation.htm 801-226-1929

Dance Classes

Salsa Chocolate (Free Salsa Thursdays)	http://salsachocolate.com/lessons/ 801-810-5886
Utah Country Dance—Provo	http://www.utahcountrydance.com/country-dance-provo 801-871-8151

Skate Parks

Concrete Disciples (Skateboard Park Directory)	http://www.concretedisciples.com/index.php/skatepark-directory/ 818-631-7724

Senior Centers

Senior Citizen Centers	mountainland.org/site/articles/view/95#Utah County Senior Centers 801-229-3800

Hiking

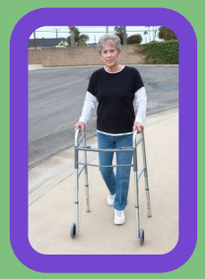
Hiking Utah County	maps2.utahcounty.gov/HikingStoryMaps/index.html

Free Things to Do

Utah Valley	utahvalley.com/things-to-do/free/

More Ideas

Visit utahcountyonline.org/Dept/Health/GetActive/ or call 801-851-7095 for a list of other activities. Prices vary and memberships may be required. See individual services for details.



Get Active Utah County

A resource guide to free and low-cost physical activities in Utah County

Utah County
HEART of UTAH
Health Department

Trails, Bikeways, Bike Clubs, and Bike Parks

Utah County Trails & Bikeways	mountainland.org/site/sections/view/7 → Interactive Trail Map 801-229-3800
Utah Bicycling Club	utahbicyclingclub.blogspot.com and Utah Cycling Club on Facebook 801-231-2000
Eagle Mountain Ranch Bike Park	emcity.org/departments/parks-recreation/parks 801-789-6664

Parks, Recreation, and Fitness

Alpine City Parks and Recreation	alpinecity.org/parks-and-recreation 801-756-6347
American Fork Parks, Recreation, and Fitness	afcity.org → Departments → Parks, Recreation & Fitness 801-763-3000
AMP IT UP	Search for "AmpItUp" on Facebook
Boys & Girls Clubs of Utah County (Youth)	bgcutah.org/ 801-371-6242
Cedar Hills Community Center	cedarhills.org/recreation/fitness-classes 801-785-9668
Cedar Hills Parks & Trails	cedarhills.org/recreation/parks-trails 801-785-9668
Centro Hispano—Zumba Classes	centrohispanouc.org → Our Services → Zumba 801-655-0258
Eagle Mountain Parks & Recreation	emcity.org/departments/public-works/parks-department 801-789-6664
Highland Community Center	highlandcity.org/index.aspx?NID=348 801-772-4523
Highland City Parks	highlandcity.org/index.aspx?NID=232 801-772-4523
Legacy Recreation Center	lehi-ut.gov/discover/legacy-center/ 801-768-7124
Lehi Parks	lehi-ut.gov/discover/lehi-parks/ 385-201-2270
Lindon Aquatics Center	lindoncity.org/aquatics-center.htm 801-610-4160
Lindon Community Center	lindoncity.org/lindon-community-center.htm 801-769-8637
Lindon Parks	lindoncity.org/parks.htm 801-785-5043
Mapleton Parks and Recreation	mapleton.org/parksandrecreation.html 801-806-9114
Orem Fitness Center	rec.orem.org/ 801-229-7154
Orem Parks	rec.orem.org/
Payson City Parks and Recreation	paysonutah.org/parks_rec.main.html 801-465-6031
Payson Community Pool	paysonutah.org/parks_rec.pool.html 801-465-5290
Pleasant Grove Recreation Center	rec.plgrove.org/contact-3822 801-785-6172
Pleasant Grove Veterans Memorial Pool	rec.plgrove.org/veterans-memorial-swimming-pool/ 801-785-9660
Provo Parks & Recreation	provo.org/departments/recreation and provo.org/departments/parks 801-852-6600
Provo Parkway FREE Fitness (Women)	Search for "Provo Parkway FREE Fitness" on Facebook
Provo Recreation Center	provo.org/community/recreation-center 801-852-6600
Salem City Recreation Department	salemcity.org/salem-recreation-department.htm 801-423-1035
Santaquin City Recreation	santaquin.org → Quick Links → Recreation 801-754-5805
Santaquin City Parks	santaquin.org/parks 801-754-3211
Saratoga Springs Parks & Trails	saratogaspringscity.com → Departments → Parks 801-766-9793
Saratoga Springs Recreation	saratogaspringscity.com/recreation 801-753-8264

NOTE: Prices vary and memberships may be required. See individual services for details.