

RECREATION & FITNESS CENTERS, PERSONAL TRAINERS

One-stop resource: Lorain County General Health District. Go to:

<http://www.loraincountyhealth.com/resourcecenter?search=1&type=&topic=&category=2044>

Lorain County Metro Parks – **a THRIVE! Partner**

12882 Diagonal Road

Lagrange, OH 44050

440/ 458-5121, tel.

<http://www.metroparks.cc/>

YMCA of Greater Cleveland -- **THRIVE!'s Lead Agency**

French Creek Branch:

2010 Recreation Lane

Avon, OH 44011

440/ 934-9622, tel.

Vermilion Branch:

320 Aldrich Road

Vermilion, OH 44089

440/ 967-4208, tel.

Elyria Branch:

265 Washington Ave.

Elyria, OH 44035

440/ 323-5500, tel.

Common Ground Center

14240 Baird Road

Oberlin, OH 44074

440/965-5551

<http://commongroundcenter.org/>

Inner Circle Personal Fitness -- **a THRIVE! Partner**

640 S Main St, Wellington, OH 44090

440/ 647-4146, tel.

<https://www.facebook.com/innercirclepersonalfitness>

LaGrange Yoga and Tiger Martial Arts Academy

544 North Center St.

Lagrange, OH 44050

440/ 213-8933, tel.

<http://www.lagrangeyoga.com/>

Motivate Me Mike
2555 North Ridge Road
Sheffield Township, OH 44055
440/654-3582, tel.
<http://www.motivatememike.com/>

Debi's Personal Training LLC
19361 Whitehead Road
Lagrange, OH 44050
440/355-6100, tel.