



Partnership for a
Healthy Durham



Public Health

Free and Low-Cost Physical Activity Resources Durham County, NC

There are MANY places for Durham residents to be physically active, however, not all are financially friendly. This document provides a list of free and low-cost options for Durham County residents.

If you have any questions about what is found in this document, would like more information, or would like anything added, please reach out.



Contact information:

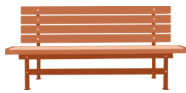
Liv Gladlin

Physical Activity, Nutrition, Food Access Specialist

Partnership for a Healthy Durham

ogladlin@dconc.gov | (919) 560-7898

Durham Parks and Recreation (DPR)



PARKS

There are 66 parks managed by DPR

[Click here to access the DPR page on parks throughout the county.](#)



TRAILS/GREENWAYS

DPR manages over 30 miles of trails

[Click here to access the DPR page on trails and greenways](#)

Want to see where the nearest park or trail is to you? Use [this interactive map](#)



PLAYGROUNDS

54 parks throughout the city have at least one playground that provide children a safe space to play, connect, and learn

[Click here to access the DPR page on playgrounds & where to find them!](#)



OUTDOOR GYMS

Durham Parks and Recreation offers outdoor exercise equipment at the following locations:

[Cornwallis Road Park](#)

[Edgemont Park](#)

[Edison Johnson Recreational Center](#)

[Indian Trail Park](#)

Other outdoor gyms **NOT** affiliated with Durham Parks and Recreation:

[American Tobacco Trail \(at Scott King Road\).](#)

[Imperial Center Outdoor Gym](#)

Within [Woodcroft Walking Trails](#)

Access DPR's program guide [here](#) to see more of what they offer!



Keep
Durham
Beautiful

[Keep Durham Beautiful](#)

Keep Durham Beautiful (KDB) has a variety of activities and events aimed at cleaning up our community and keeping Durham a beautiful place to live. A few unconventional ways of being active can be done through KDB. Learn more at their website [here](#).

LITTER CLEANUPS

KDB offers FREE litter cleanup supplies for residents and community groups to borrow. Grab a group of neighbors, or coworkers, and tidy up a community street by picking up litter while getting some exercise!

Some Items available to borrow:



TRY PLOGGING!

“Plogging” refers to Picking up Litter While Walking and/or Jogging. This is another great option to get your heart up while making your community a cleaner place for you and your neighbors!



BOOKS, DVDS, VIDEOS

All Durham County residents have FREE access to Durham County Libraries & resources with a valid library card-which is also FREE to Durham County residents.

Libraries have exercise and other related books and DVDs available to loan out, as well as many exercise videos and classes readily available online through Hoopla.

You can search what is available at the libraries by visiting [here](#)

Communities in Partnership (CIP)



EXERCISE CLASSES

CIP offers *FREE* exercise classes taught by trained instructors that center accessibility, connection, and care.

Address: 103 S Driver St.

Classes include Hip Hop, Gentle Yoga, and Belly Dancing.

To learn more about classes and when they are offered, check out their [website](#) or newsletter, which you can sign up for at the bottom of their website.

FREE Resources For Seniors (55+)

SilverSneakers



If you have a Medicare Advantage plan including SilverSneakers, typically for those over 65, you can access all classes, on-demand videos, and all other membership perks at **no cost!**

Durham Locations

Anytime Fitness-Durham, NC (2 locations)

121 Sherron Rd.
Durham, NC 27703
1517 Glenn School Rd.
Durham, NC 27704

Synergy Fitness for Her

4810 Hope Valley Road
Ste 107
Durham, NC 27707

O2 Fitness Durham

3103 Shannon Road
Durham, NC 27707

Millennium Sports Club

2309 Sparger Rd.
Durham, NC 27705

Gold's Gym Chapel Hill

6118 Farrington Rd.
Chapel Hill, NC 27517

Fit4Life Health Club

105 W NC Hwy 54 Ste 271
Durham, NC 27713

Planet Fitness-Durham

(3 locations)

1010 Martin Luther King Jr. Pkwy
Durham, NC 27713
1720 Guess Rd Ste 74
Durham, NC 27705
4723 NC55
Durham, NC 27713



Durham Center for Senior Life

Durham Center for Senior Life offers health promotion classes, along with various exercise classes. All classes and programs are offered **free of charge** to **Durham County residents 55+.**

Schedule

<https://dcsln.org/weekly-schedule/>

Address

406 Rigsbee Ave
Suite 202
Durham, NC 27701

Low-Cost Resources

Durham Parks and Recreation (DPR)



FITNESS & WELLNESS CENTERS

Cardio and strength equipment are offered at the following DPR centers:

Learn about hours and other services by clicking each facility!

PRICES & OPTIONS

DPR offers day passes, monthly passes, as well as multi-visit discount passes!

Costs range from:
\$2-10 per day
\$20-25 per month

Click [HERE](#) to view a full list of prices and bundles

[Edison Johnson Recreation Center](#)
[Holton Career and Resource Center](#)
[I.R. Holmes, Sr. Recreation Center at Campus Hills](#)
[Walltown Park Recreation Center](#)
[W.D. Hill Recreation Center](#)

FITNESS CLASSES

A variety of in-person and virtual (online) options are available through DPR.

Access a list of current offerings [here](#)

INDOOR WALKING

Community members may walk inside the following centers at **no cost!**

[Holton Career and Resource Center](#)
[I.R. Holmes, Sr. Recreation Center at Campus Hills](#)
[Walltown Park Recreation Center](#)
[W.D. Hill Recreation Center](#)

Children and teens (0-18yo) are able to access these resources
COMPLETELY FREE OF CHARGE!!!

YMCA of the Triangle

Financial Assistance Programs



YMCA of the Triangle offers financial assistance for children, teens, adults and families who otherwise could not afford a full-cost membership.

The YMCA team requires interested individuals and/or families to fill out an application for reduced rates, as well as provide any relevant tax documents. The YMCA uses a sliding fee scale based on both total household income and members.

Interested? Use [this link](#) to access more information and apply today