

ADULT FITNESS PROGRAM

Zepf Center's Adult Fitness Program is a group for our adult clients to achieve their fitness, mental health, and recovery goals. Participants each receive a 1 on 1 assessment with a facilitator to set individualized wellness goals and orientation on how to properly use the gym equipment to achieve these goals. The Zepf Wellness Center hosts a large selection of cardio equipment and weight machines.

- RECUMBENT BIKES
- ROW MACHINES
- STAIR STEPPERS
- TREADMILLS
- KETTLE BELLS
- JUMP ROPES
- MEDICINE BALLS
- ELLIPTICALS

Goals of this group include increasing positive coping skills, enhancing feelings of well-being, increasing self-esteem, and many more.

ADULT FITNESS PROGRAM: MENTAL HEALTH DIAGNOSIS

When: Monday - Friday

Times: 10:00 am - 11:00 am, 11:30 am - 12:30 pm, 1:30 pm - 2:30 pm

Where: 2272 Collingwood Blvd. Toledo, Oh 43620

ADULT FITNESS PROGRAM: SUBSTANCE USE DIAGNOSIS

When: Thursday

Times: 3:00 pm - 4:30 pm

Where: 2272 Collingwood Blvd. Toledo, Oh 43620

Ask your provider for a referral today!

**For more information on this group please contact
Aaron Wilburn at (419) 841-7701 ext 3165**

