



# Active Living Brochure

A Where-To Guide for  
Blair County Healthy Activities



45 **Miles of Trails**



26 **Gyms**



8 **Golf Courses**



8 **Places to Swim**



6 **Tennis Locations**



31 **Parks**



6 **Pickleball Locations**

**LET'S  
MOVE**  
BLAIR COUNTY



**Healthy  
Blair County  
Coalition**





# Community Parks

## **Bellwood Community Park**

N 3rd St  
Bellwood, PA 16617

## **Lakemont Park**

700 Park Avenue, Altoona  
[lakemontparkfun.com](http://lakemontparkfun.com)

## **Canal Basin Park**

101 Canal St  
Hollidaysburg, PA 16648

## **Morrisons Cove Park**

201 South Walnut Street  
Martinsburg, PA 16662

## **Chimney Rocks Park**

Chimney Rocks Road  
Hollidaysburg, PA 16648

## **Reservoir Park**

1046 Janesville Pike  
Tyrone, PA 16686

## **Claysburg Community Park**

120 Community Park Rd  
Claysburg, PA 16625

## **Ski Gap Community Center**

1149 Hillsboro Ln  
Claysburg, PA 16625

## **Discovery Garden / Legion Park**

118 Allegheny St  
Hollidaysburg, PA 16648

## **Valley View County Park**

301 Valley View Blvd  
Altoona, PA 16602

## **Highland Park**

4719 5th Avenue  
Altoona, PA 16602

*For more options visit:*

**Central Blair Recreation**

[www.cbrcparks.org](http://www.cbrcparks.org) 🔍

# Race Events



## **AltoonaPaRunners**

[www.facebook.com/groups/altoonaparunners](https://www.facebook.com/groups/altoonaparunners)

## **Allegheny Trailrunners**

[www.alleghenytrailrunners.com](http://www.alleghenytrailrunners.com)

## **Blair Regional YMCA Race Series**

[www.blairregionalyymca.org/raceseries/race-series](http://www.blairregionalyymca.org/raceseries/race-series)

## **Hollidaysburg/Altoona, PA Moms Run ThisTown**

[www.facebook.com/groups/hollidaysburgaltoonapamrtt](https://www.facebook.com/groups/hollidaysburgaltoonapamrtt)

## **Northern Blair Recreation Center Race Series**

[www.nbcrc.com/race-series.html](http://www.nbcrc.com/race-series.html)

## **Tipton Run Club**

[www.facebook.com/groups/222511007778391](https://www.facebook.com/groups/222511007778391)

## **Tyrone Wellness Race Series**

[www.joshuahouse.com/races](http://www.joshuahouse.com/races)





# Trails



## **Rails to Trails - Bells Gap**

End points: Bellwood and Lloydsville

Length: 6.3 miles

Surfaces: Crushed Stone, Dirt, Grass

## **Rails to Trails - Lower Trail**

End points: Flowing Springs Rd (Canoe Creek)  
and SR 4014 at Freedoms Way (Alexandria)

Length: 16.5 miles

Surfaces: Asphalt, Crushed Stone

## **Six to Ten Trail System**

End points: Allegheny Portage RR  
and National Park Boundary

Length: 9 miles

Surfaces: Crushed Stone, Dirt, Grass

## **Fort Roberdeau Trails**

383 Fort Roberdeau Road

Altoona, PA 16601

## **Chimney Rocks Park Trails**

Chimney Rocks Road

Hollidaysburg, PA 16648

*For more options visit:*

## **Brush Mountain Running and Outdoors, Inc**

3509 6th Ave, Altoona, PA 16602

[www.runhikeplay.com](http://www.runhikeplay.com)

(814)201-2647

## **ExplorePATrails.com**

Interactive map that displays:

Land Trails, Water Trails, Bicycle Trails, and State Parks

## **BlairBicycleClub.org**

Local biking resources and routes

## **WalkWorks**

[www.blairplanning.org/walk-works](http://www.blairplanning.org/walk-works)

A local walking program for people of all ages and abilities

# State Parks

## **Canoe Creek State Park**

205 Canoe Creek Road

Hollidaysburg, PA 16648

(814) 695-6807

Canoe Creek Offers: Hiking Trails,

Biking, Horseback Riding, Picnicking,

Swimming, Boating, Fishing, Hunting,



Wildlife Watch, and Camping



# Gyms



## Blair Regional YMCA

1111 Hewit St  
Hollidaysburg, PA 16648  
(814) 695-4467  

## Blair Senior Services Central

1320 12th Ave  
Altoona, PA 16601  
(814) 946-1235

## Blair Senior Services Northern

505 Third St  
Tyrone, PA 16686  
(814) 684-7853

## Blair Senior Services Southern

15229 Dunnings Highway  
East Freedom, PA 16637  
(814) 317-5181

## Blair Senior Services Williamsburg

423 W Second St  
Williamsburg, PA 16693  
(814) 832-3625

## Bloom Yoga & Wellness

1506 12th Ave  
Altoona, PA 16601  
(814) 943-2333

## Core Physical Therapy

5410 6th Ave Suite 5  
Altoona, PA 16602  
(814) 944-4400


## Dorman's Sports Performance

2900 Beale Ave  
Suite 110 Entrance E  
Altoona, PA 16602  
(814) 515-9244



## Evolution Alternative Physical Therapy & Wellness Studio

1105 18th St  
Altoona, PA 16601  
(814) 944-6535

## Garver Memorial YMCA

820 Grove St  
Roaring Spring, PA 16673  
(814) 224-5101 

## Gorilla House Gym

3200 Fairway Dr  
Altoona, PA 16602  
(814) 944-9412  

## Grind Sports Performance

412 E 6th Ave  
Altoona, PA 16602  
(814) 942-0422

## Groove Fitness Studio

539 E 25th Ave  
Altoona, PA 16601  
(814) 329-3091

## Harlequin Pepper Yoga

320 Allegheny St  
Hollidaysburg, PA 16648  
(814) 931-9815


## Heartspace Wellness Alliance

217 Union Ave 2nd Floor  
Altoona, PA 16602  
(814) 943-2022


## Jazzercise Altoona Fitness Studio

3000 7th Ave Suite 800  
Altoona, PA 16602  
(814) 207-1087

## KNY Fitness

900 Lexington Ave  
Altoona, PA 16601  
(814) 943-7800 

## Northern Blair County Rec Center

4080 E Pleasant Valley Blvd  
Altoona, PA 16601  
(814) 742-9500 





## Gyms

### Planet Fitness

3240 Pleasant Valley Blvd  
Altoona, PA 16602  
(814) 283-8899

### Point of Fitness

370 Pound Ln  
Duncansville, PA 16635  
(814) 317-5059

### ProCare

7448 Woodbury Pike  
Roaring Spring, PA 16673  
(814) 224-5904

### Real Recess

2900 W Plank Rd  
Altoona, PA 16602  
(814) 931-6344


### Revival Fitness & Rehab

3316 5th Ave Suite 300  
Altoona, PA 16602  
(814) 502-3226

### Strong Souls

518 S Market St  
Martinsburg, PA 16662  
(814) 505-5514

### Summit Athletic Club

2900 W Plank Rd  
Altoona, PA 16601  
(814) 946-1668 

### Tyrone Fitness & Wellness Center


187 Hospital Dr  
Tyrone, PA 16686  
(814) 684-2117

## Pools

### Bellwood Community Pool

N 3rd St  
Bellwood, PA 16617  
(814) 742-7662

### Blair Regional YMCA

1111 Hewit St  
Hollidaysburg, PA 16648  
(814) 695-4467 

### Juniata Memorial Spray Park

209 W 12th Ave  
Altoona, PA 16601  
(814) 949-2240

### KNY Fitness

900 Lexington Ave  
Altoona, PA 16601  
(814) 943-7800 


### Morrisons Cove Park

201 South Walnut Street  
Martinsburg, PA 16662  
(814) 793-2176

### Prospect Pool

1201 2nd Ave  
Altoona, PA 16602  
(814) 949-2242

### Summit Athletic Club

2900 W Plank Rd  
Altoona, PA 16601  
(814) 946-1668 

### Tyrone Community Pool

132 Reservoir Dr  
Tyrone, PA 16686  
(814) 684-1330







## Tennis



### Gorilla House Gym

3200 Fairway Dr  
Altoona, PA 16602  
(814) 944-9412  




### Penn State Altoona

3000 Ivyside Park  
Altoona, PA 16601

### Hollidaysburg Area Jr High

1000 Hewitt St  
Hollidaysburg, PA 16648

### Summit Athletic Club

2900 W Plank Rd  
Altoona, PA 16601  
(814) 946-1668   

### Mansion Park Tennis Center

340 N Logan Blvd  
Altoona, PA 16602  
(814) 946-8289


### Tyrone Area Jr Sr High

1001 Clay Ave  
Tyrone, PA 16686

## Golf



### Blue Knob

1424 Overland Pass  
Claysburg, PA 16625  
(814) 239-5111 

### Sylvan Hills

221 Larch St  
Hollidaysburg, PA 16648  
(814) 695-4769

### Burgi's Back Nine

1830 E Pleasant Valley Blvd  
Altoona, PA 16602  
(814) 201-2099

### Scotch Valley

18 Club House Dr  
Hollidaysburg, PA 16648  
(814) 695-1478

### Iron Masters

174 Cross Cove Road  
Roaring Spring, PA 16673  
(814) 224-2915

### Park Hills

219 Highland Terrace  
Altoona, PA 16602  
(814) 944-3313

### King Valley


132 King Valley Lane  
Imler, PA 16655  
(814) 239-0199

### Sinking Valley

595 Golf Course Rd  
Altoona, PA 16601  
(814) 684-0662

## More Places to Go

### Galactic Ice

750 Park Ave  
Altoona, PA 16602  
(814) 942-7500 

### Joshua House

926 Logan Ave  
Tyrone, PA 16686  
(814) 683-2032





# Why Blair County Moves

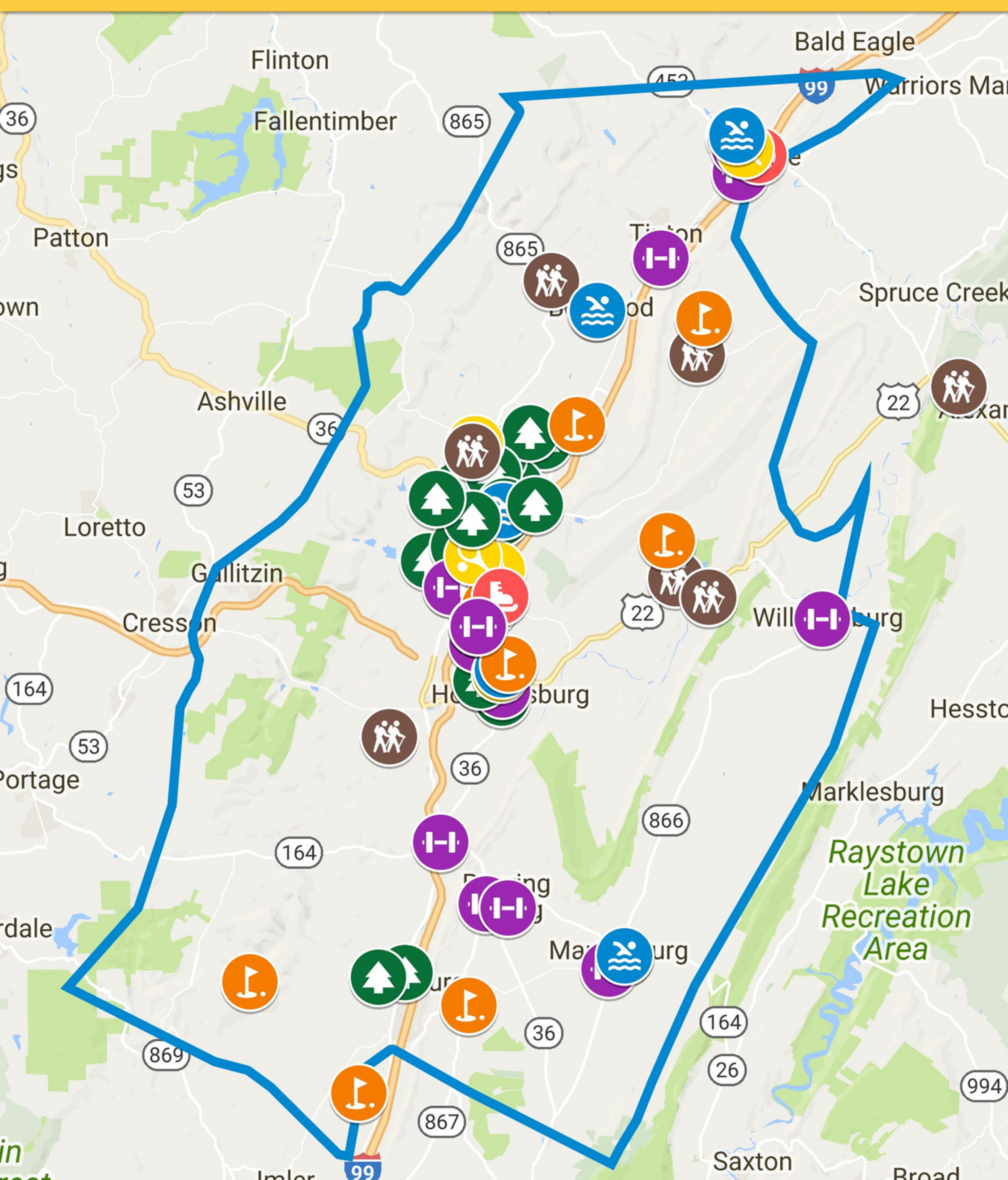
## Real Words from Active People in Blair County!

*"Being active helps me decompress and really helps provide me with mental clarity about work, family, and life in general."* -- Ben

*"I choose an active lifestyle because we started a family later in life. I turn 40 this year and I have to keep up with a 5 year old. I want to make sure that not only can I keep up with her, but that I'll also be around for a long time so I can watch her grow."* -- Jenn

*"I chose an active lifestyle because it enables me to enjoy a better quality of life. Running and working out helps me to look good on the outside and feel good on the inside."* -- Terri

## So Many Options in Blair County








The Healthy Blair County Coalition (HBCC) is an active collaboration of individuals and organizations working to promote the social, economic, emotional, and physical well-being of our area residents.

The mission of the HBCC is to assess and impact all aspects of a healthy Blair County by sharing resources, engaging local partnerships, and implementing strategies and programs to make a difference in the lives of the people in our community.

Follow the QR Code below to visit the online Let's Move Blair County resources and check out our "Daily Do Challenge" on our Facebook page 



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