

HEALTHY LIVING NORMAN

IMPACTING THE WELLNESS OF
NORMAN ONE LIFE AT A TIME!

HEALTHY LIVING NORMAN

promotes the health and well-being of those 50 and older. Through a public-private partnership with the City of Norman, we offer a state-of-the-art wellness facility. Within our center, you will find a variety of wellness, educational, social, and cultural programs, as well as special events.





INDIVIDUAL MEMBERSHIP 50+

Individual membership is \$35 per month

FAMILY MEMBERSHIP 50+

Family membership for two 50+ individuals living in the same household is \$60 monthly.

INSURANCE PROGRAMS

Silver Sneakers and Renew Active are accepted. Check with your health insurance provider to see if your plan participates in these programs.

SLIDING SCALE FEES

Exceptions to the above may be made on a case-by-case basis as determined by the Healthy Living Norman Management Team. A sliding scale fee is available based on income.

CORPORATE AND GROUP MEMBERSHIP

Corporate and group memberships are available for a negotiated fee based on group size and other considerations, such as non-profit status. Please contact us to learn more.

DAY PASS

Guests 50+ are welcome to visit and use the facility for a nominal fee of \$10 per person.

On October 13, 2015, Norman residents passed the Norman Forward initiative encompassing various quality-of-life projects with a 1/2% sales tax collected over 15 years. The Norman Adult Wellness and Education Center was one of those projects, and it opened on November 13, 2023

The City of Norman selected Healthy Living Norman to operate the new center. Healthy Living Norman is a non-profit organization dedicated to promoting the health and well-being of those 50 and better. Healthy Living Norman is a 501(c)3 allowing your donation to be tax-deductible. Your gifts help us expand our programs and keep membership fees low and affordable for everyone.

GET YOUR MEMBERSHIP TODAY, ENJOY ALL THE NORMAN ADULT WELLNESS AND EDUCATION CENTER HAS TO OFFER, AND BECOME PART OF A COMMUNITY THAT VALUES HEALTH, WELLNESS, AND QUALITY OF LIFE FOR OUR 50+ COMMUNITY.

YOUR MEMBERSHIP TO HEALTHY LIVING NORMAN INCLUDES THE FOLLOWING:

State-of-the-Art Amenities
Natatorium
Aqua Classes
Demonstration Kitchen
Weight and Exercise Room
Group Fitness Classes
Health Screenings
Art Classes*
Billiards
Indoor Walking Track
Outdoor Pickleball Courts
Fireplace and Lounge
Gathering Spaces
Educational Classes
Recreational Activities
*Fees may apply

CENTER MEMBERSHIP

MEMBERSHIP ALLOWS ACCESS TO THE 32,000 SQUARE FOOT NORMAN ADULT WELLNESS AND EDUCATION CENTER AND ITS AMENITIES, CLASSES, AND EVENTS. THE CENTER IS GREAT FOR IMPROVING PHYSICAL FITNESS, LEARNING NEW SKILLS, EXPANDING KNOWLEDGE, AND STAYING ACTIVE.



HOURS OF OPERATION

MONDAY – THURSDAY

6:30 am – 8:00 pm

FRIDAY

6:30 am – 7:00 pm

SATURDAY

8:00 am – 4:00 pm

CONTACT US

VISIT US FOR A TOUR

602 North Findlay Ave.
Norman, OK 73071

MORE INFORMATION

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Branch Manager

HEALTHY LIVING NORMAN

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