

## EQUIPMENT AND SUPPLIES

### WATER-BOTTLED

McCullough Bottled Water Service ..... 726-4244

### WATER-PURIFICATION & FILTRATION

Aqua Logic Water Filtration ..... 341-5623

Altra Clean Water Co ..... 621-0926

Aquatek ..... 726-2523

Best Buy Water

Crystal River ..... 795-0003

Citrus Water Conditioning

Inverness ..... 344-4440

Clean Water Conditioning ..... 795-8001

Culligan Water Conditioning ..... 726-6519

Direct 2 U Water Conditioning Equipment

Inverness ..... 860-1410

Meeks Water Treatment ..... 257-2597

Nature Coast Water Inc. .... 447-6002

Pure Water Systems ..... 228-2200

The Water Doctor ..... 344-3374

Trickel's Water Conditioning ..... 726-7729

West Central Water Systems ..... 489-1759

## ACTIVE LIFESTYLES

### BOWLING

Manatee Lanes

7715 W Gulf to Lake Hwy Crystal River ..... 795-4546

Parkview Lanes

7272 N Florida Ave Holder ..... 489-6933

Sportsmen's Bowl

100 N Florida Ave Inverness ..... 726-2873

Brentwood Farms Golf Club (Public)

Regulation 9 Holes, Par 36

1720 W Nicole Dr Lecanto ..... 527-2600

Citrus Hills Golf & Country Club 36 Holes

(Semi Private)

Oaks Course Par 71

Meadows Course Par 70

509 E Hartford St Hernando ..... 352-746-4425

Citrus Springs Golf & Country Club (Public)

18 Holes, Par 72

8690 N Golfview Dr Citrus Springs ..... 489-5045

Crystal River Golf Club (Public)

18 Holes, Par 72

7395 W Pinebrook St Crystal River ..... 795-2100

Inverness Golf & Country Club (Private)

18 Holes, Par 72

3150 S Country Club Dr Inverness ..... 637-2526

### GOLFING

Black Diamond Ranch (Private)

45 Holes

3125 W Black Diamond Cir Lecanto ..... 746-3440

## Did you know?

2 ounces of wheatgrass is the equivalent to eating 4 pounds of green vegetables

Wheatgrass has more vitamin C than oranges and twice the vitamin A as carrots!

It contains over 90 minerals including high concentrations of the most alkaline minerals: potassium, calcium, magnesium and sodium.



## ACTIVE LIFESTYLES

<b>Lakeside Country Club (Semi Private)</b> 18 Holes, Par 72 4555 E Windmill Dr Inverness.....	726-1461
<b>Pine Ridge Golf Club LLC</b> 18 Holes, Par 72 5600 Elkcam Blvd Beverly Hills.....	746-6177
<b>Plantation on Crystal River</b> 18 Holes-Championship, 9 Holes-Executive 9301 W Ft Island Tr Crystal River.....	795-7211
<b>Point O' Woods Golf Club (Public)</b> 9 Holes, Par 30-Executive 95 S Golf Harbor Path Inverness.....	726-3113
<b>Skyview at Terra Vista (Semi Private)</b> 18 Holes, Par 72 2100 N Terra Vista Blvd Hernando.....	352-746-3664
<b>Southern Woods Golf Club (Private)</b> 18 Holes 1501 Corkwood Blvd Homosassa.....	382-1200
<b>Sugarmill Woods Golf &amp; Country Club (Semi Private)</b> 27 Holes, Par 72 9 Holes, Par 36 1 Douglas St Homosassa.....	382-3838
<b>Twisted Oaks Golf Course (Public)</b> 18 Holes, Par 72 4801 Forest Ridge Blvd Beverly Hills.....	746-6257

### GYMS- HEALTH CLUBS- EXERCISE (See also, Weight Loss)

<b>Antonelli Martial Arts &amp; Fitness LLC</b> 312 S Kensington Ave Lecanto.....	423-1530
<b>Anytime Fitness</b> 5723 S Suncoast Blvd Homosassa..... 345 E Highland Blvd Inverness..... 2010 SE Hwy 19 Crystal River..... 2668 W Woodview Lane Lecanto.....	503-6856 400-4894 794-6161 270-8868
<b>Black Diamond Fitness Center</b> 2600 N Black Diamond Cir Lecanto.....	746-3385
<b>Butin Bik's Combat Sports Gym</b> Crystal River.....	795-7709
<b>Citrus County Jazzercise</b> 6604 W Gulf to Lake Hwy Crystal River.....	634-5661
<b>Citrus Yoga and Fitness</b> 1578 N Meadowcrest Blvd Crystal River.....	364-9190
<b>DYNABODY 24/7</b> 2232 Hwy 44 W Inverness.....	503-9889
<b>ExerSize Science Lab</b> 370 N Suncoast Blvd Crystal River.....	364-1193

<b>Inverness Yoga and Wellness Center</b> 324 S Kensington Ave Lecanto.....	201-0149
<b>Mellodie's Body Image Gym</b> 1101 Middle School Rd Inverness.....	637-5400
<b>Schrade's Tae Kwan Do &amp; Kumdo</b> 554 N Citrus Ave Crystal River.....	422-7311
<b>Sporting Health Club</b> 1020 NE 5th Street Crystal River.....	563-2249
<b>Weight Watchers.....</b>	1-800-651-6000
<b>Wil-Power Wellness</b> 6843 N Citrus Ave Unit T Crystal River.....	322-6093
<b>Work It Out!</b> 1801 Hwy 19 Crystal River.....	228-4459

### HORSESHOES

<b>Beverly Hills Horseshoe Club .....</b>	352-746-3924
<b>Citrus Springs Horseshoe Club .....</b>	489-7537

### SWIMMING

<b>Bicentennial Pool</b> 8145 W Bicentennial Park Dr Crystal River.....	795-1478
<b>Central Ridge Community Center</b> 77 Civic Circle Beverly Hills.....	746-4882
<b>Whispering Pines Park Pool</b> 1700 Forest Dr Inverness.....	726-1995

### TENNIS

<b>Bicentennial Park</b> 501 N Baseball Point Crystal River
<b>Citrus Springs Tennis Courts</b> 9940 N Citrus Springs Blvd Citrus Springs
<b>Floral Park</b> 9530 S Parkside Ave Floral City
<b>Homosassa Springs Recreation Park</b> 4210 S Grandmarch Ave Homosassa
<b>Lecanto Community Park</b> 3505 W Educational Path Lecanto
<b>LeGrone Park</b> 425 SE 8th Ave Crystal River
<b>Whispering Pines Park</b> 1700 Forest Dr Inverness