



What to Do

Bike, Walk or Run

Monona Terrace is right on the Capital City Trail, which runs along Lake Monona – hop on for a flat run or walk.

Grab a B-Cycle bike (weather permitting) from the Hamilton and West Main Street Stop and head anywhere from Olbrich Gardens to the Arboretum.

Crafts and Art

Modern DIY studio Revel has open Craft Bar hours 4-9p on Wednesday and Thursday evenings – RSVPs suggested, but drop-in available as well.
107 N Hamilton Street, Madison, WI 53703

Madison Central Library not only has books, but also three galleries of rotating art exhibits.
201 West Mifflin Street, Madison, WI 53703

Madison Contemporary Art Museum closes exhibits at 5p, but have innovative films screening for \$7 on Wednesday evenings at 7p.
227 State Street, Madison, WI 53703

Skate

Weather-permitting, Edgewater Hotel has an outdoor, off-lake skating rink to enjoy.

Stretch

Capital Fitness has a Free 7 Day Trial with yoga and fitness group classes.
Two nearby locations:
15 North Butler Street, Madison, WI 53703
425 West Washington Avenue, Madison, WI 53703

Dragonfly Hot Yoga offers a free first class. Be sure to call ahead to schedule your session.
309 West Johnson Street, Madison WI 53703

Inner Fire Yoga has a \$5 special to local residents. Aren't you a Madisonian for these days?
Campus: 773 University Avenue #209, Madison WI 53703

The Studio has a \$30 unlimited trial membership. With classes as early as 6am and as late at 7:45pm, you can get a lot of zen in.
625 Williamson Street, Madison WI 53703

Swim

The Hilton, Best Western, Concourse and Lowell Center all have pools – good for brisk laps or relaxing floats. Be sure to bring a suit if you are staying at one of these conference hotels!