

SHARE--Aftercare Resources - Wellness/Fitness Programs

Courage Kenny Rehabilitation Institute

Locations

- Accessible warm-water pools at Golden Valley, Stillwater, Abbott Northwestern/Wasie and Heritage Park; Adaptive fitness centers at Golden Valley and Stillwater.

Stay Fit (Offered in Fitness Center or in Pool)

The Stay Fit program is a staff supervised/directed exercise-based program. Participants work on balance, stretching, range of motion, strengthening, coordination and cardio/ endurance skills. Stay Fit is designed for people who can self-direct their exercise program and who require assistance less than 50 percent of the time.

Stay Fit Extra

Designed for clients who require additional exercise direction, need help with transfers and close monitoring of their exercise program.

Golden Valley

When: Days/Times: By appointment

Contact: Fitness Center, 612-775-2713 (*land based*)

Contact: Erika, 612-775-2720 erika.anderson@allina.com (*pool based*)

Cost: \$160 for a 10-week session. (30 minutes – once per week).

Stillwater

When: Days/Times: By appointment

Contact: Holly G., 651-241-3335 hollyann.gigure@allina.com (*land and pool based*)

Cost: \$160 for a 10-week session. (30 minutes – once per week).

Wasie Pool

When: Days/Times: By appointment

Contact: Todd Brown, 612-863-5238 todd.brown@allina.com (*pool based*)

Cost: \$160 for a 10-week session. (30 minutes – once per week).

Burnsville (youth)

When: Days/Times: By appointment

Contact: 952-428-0400

Cost: \$220 for a 10-week session (30 minutes — once per week).

Activity Based Locomotor Exercise (ABLE) program

Location:

- Golden Valley Courage Kenny Rehabilitation Institute

ABLE is an innovative, intensive fitness approach for people with paralysis or other neurological conditions. ABLE is based on the most current research, translated into effective activity-based exercise programs.

Programs may include:

- Locomotor Training with over ground activities
- Guided exercise
- Functional Electrical Stimulation (FES) bikes
- Neuromuscular Electrical Stimulation (NMES)

Hours: Monday – Thursday, 8 a.m. – 6:30 p.m., Friday: 8 a.m. to 5:30 p.m.

Contact: 612-775-2200 visit <http://www.allinahealth.org/ckriable/> for application information

River Falls Wisconsin Wellness Center

Location:

- The Wellness Center is located within the River Falls Area Hospital Wellness Center provides a variety of aerobic and strength equipment in a bright and invigorating work-out area. Membership is open to members of the community and provides you access to a number of wellness classes.

Hours: Monday – Friday, 5:30 a.m. - 8 p.m., Saturday: 7 a.m. to 2 p.m.

Cost: Initial assessment - \$75 (waived if you have Physical Therapist order). Monthly membership fees vary.

Contact: 715-307-6060

Penny George Institute for Health and Healing-Live Well Fitness Center Aftercare program

Location:

- Abbott Northwestern campus, Minneapolis

The LiveWell Fitness Center features a variety of cardiovascular and strength training equipment as well as a state-of-the-art cardio theater.

Criteria for participation: A referral from your medical doctor is required for membership. An initial orientation session is provided by a physical therapist, after which individuals will work out independently.

Hours: Monday-Thursday, 6 a.m.-7 p.m.; Friday, 6 a.m.-4 p.m.

Cost: Enrollment fee of \$20.00, plus 3-month contract at \$91.00.

Contact: 612-863-5178, www.allinahealth.org Live Well Fitness center

The Milton Hurwitz Exercare Fitness Center

Location:

- Medical Fitness Center, 362 Walnut Street, St. Paul. Connected to Gold Parking Ramp on Smith Ave. at United Hospital

Exercare Fitness Center provides a place for past patients, their families and other members of the community to exercise within a medically supervised environment. They also provide specialized fitness programs.

Criteria for membership: Health information form completed by a physician is required. Initial orientation and program are scheduled with an exercise physiologist, after which individuals work out independently.

Hours: Monday-Friday, 5 a.m.-7:30 p.m.; Saturday & Sunday 8 a.m.-noon

Cost: Exercise Physiologist- \$55 (plus tax) orientation fee. Monthly fees vary by contract.

Contact: 651-241-8080

Mercy Hospital – M Power

Location:

- The Mercy Hospital M-Power Health and Fitness Center is located in the lower level of the Mercy Heart & Vascular Center.

The Mercy Hospital M-Power Health and Fitness Center offers members the opportunity to exercise in a supervised, comfortable and safe environment.

Hours: Monday-Thursday, 6 a.m.-7:00 p.m.; Friday, 6 a.m. – 5 p.m.

Cost: Initial evaluation - \$60 for new members. Membership fees - \$25/month with automatic payment. \$5 discount for each additional family membership

Contact: 763-236-8024

Aquatic therapy sites

[Courage Kenny Rehabilitation Institute -Buffalo](#)

Initial Evaluation and Pool: Golds Gym

101 14th Street Northeast

Buffalo, MN 55313

To schedule an appointment, call 763-684-3880.

[Courage Kenny Rehabilitation Institute -Burnsville](#)

Initial pool assessment: Minnesota Valley YMCA

13850 Portland Avenue South

Burnsville, MN 55337

To schedule an appointment, call 612-775-2475.

[Courage Kenny Sports & Physical Therapy - Coon Rapids - Springbrook](#)

Initial Evaluation: Courage Kenny Sports & Physical Therapy

9055 Springbrook Drive

Coon Rapids, MN 55433

To schedule an appointment, call 612-262-7900.

Pool Facility: YMCA - Coon Rapids

8950 Springbrook Drive

Coon Rapids, MN 55433

[Courage Kenny Rehabilitation Institute](#)

Initial assessment and pool: Summit Place

8505 Flying Cloud Drive

Eden Prairie, MN 55344

To schedule an appointment, call 612-262-7900.

[Courage Kenny Sports & Physical Therapy - Fridley](#)

Initial Evaluation: Courage Kenny Sports & Physical Therapy - Fridley

7225 University Avenue NE

Fridley, MN 55432

To schedule an appointment, call 612-262-7900.

Pool Facility: YMCA - Coon Rapids

8950 Springbrook Drive

Coon Rapids, MN 55433

[Courage Kenny Rehabilitation Institute - Golden Valley Campus](#)

Initial assessment and pool

3915 Golden Valley Road

Minneapolis, MN 55422

To schedule an appointment, call 612-775-2475.

A wide range of independent, group and individual exercise programs are also offered at Golden Valley Therapeutic Pool. For information, call 612-775-2721.

[Courage Kenny Sports and Physical Therapy - Hastings](#)

Initial assessment and pool

85 Pleasant Drive

Hastings, MN 55033

To schedule an appointment, call 651-404-1002.

[Courage Kenny Sports & Physical Therapy Center - Minneapolis](#)

Initial Evaluation: Courage Kenny Sports & Physical Therapy Center - Minneapolis
2800 Chicago Ave., Suite 102
Minneapolis, MN 55407
To schedule an appointment, call 612-262-7900.

Pool Facility: [Wasiole Therapeutic Pool - Minneapolis](#)

Abbott Northwestern Hospital Wasiole Building
800 East 28th Street
Minneapolis, MN 55407

A wide range of independent, group and individual exercise programs are also offered at Wasiole Therapeutic Pool. For information, call 612-863-5238.

[Courage Kenny Rehabilitation Institute - New Ulm](#)

Initial Evaluation and Pool: New Ulm Medical Center
1324 Fifth North Street
New Ulm, MN 56073
To schedule an appointment, call 507-217-5173.

[Courage Kenny Rehabilitation Institute -Owatonna](#)

Initial Evaluation and Pool: Owatonna Hospital
2250 26th Street NW
Owatonna, MN 55060

To schedule an appointment, call 507-977-2150.

Owatonna Hospital also has an underwater treadmill that is useful for patients with sports injuries and chronic conditions such as low-back pain and arthritis.

[Courage Kenny Rehabilitation Institute - St.Croix](#)

Initial assessment and pool
1460 Curve Crest Boulevard
Stillwater, MN 55082

To schedule an appointment, call 612-775-2475.

A wide range of independent, group and individual exercise programs are also offered at St. Croix Therapeutic Pool. For information, call 651-241-3335.

[Courage Kenny Rehabilitation Institute - River Falls](#)

Initial Evaluation: 1629 East Division Street
River Falls, WI 54022

To schedule an appointment, call 715-307-6050.

Pool Facility in River Falls: Crossings Inn
1525 Commerce Court
River Falls, WI 54022

[Courage Kenny Sports & Physical Therapy - Ellsworth](#)

Initial Evaluation: 144 South Plum Street
Ellsworth, Wisconsin 54011

To schedule an appointment, call 715-307-6050.

Pool Facility in Ellsworth: Klaas-Jonas Pool
312 West Panther Drive
Ellsworth, WI 54011

Other Resources in St. Paul:

David Feinberg Vitality & Aquatics Center Shalom Community Alliance

730 Kay Avenue, St. Paul, MN 55102 **Phone:** (651) 328-2051

Certified trainers are available to develop a personalized workout regimen in Garelick Fitness Center & Sinykin Wellness Room with state of the art equipment.

For more information, call 651-328-2040 Cost \$50.00 per month.

Jewish Community Center of St. Paul

Address: 1375 St. Paul Ave St. Paul

Phone: 651-698-0751

Cost \$81.50 a month, \$25.00 application fee \$100.00 enrollment fee

The “Active Living” Fitness Membership.

\$30/year - adults (**must live or work in the city of Saint Paul**) can use our recreation center fitness rooms and indoor walking tracks. Non-residents can participate in the same program for \$60/year. All centers have Cardio and Muscle strengthening equipment but some also have walking tracks.

- Hillcrest Recreation Center 651-695-3706
- Edgcumbe Recreation Center 651-645-3711
- Oxford Community Center 651-632-5124
- North Dale Recreation Center 651-588-2329
- Martin Luther King Recreation Center 651-290-8695
- El Rio Vista Recreation Center 651-789-2500
- Conway Recreation Center 651-501-6343
- Battle Creek Recreation Center 651-501-6347

Other Resources in River Falls, WI

River City Iron Worxs and Community Fitness Center

Address: 264 N Troy St, River Falls, WI

Contact: 715-425-5880

Cost \$35.00 a month

Other Resources in North Metro

Mounds View Community Center

Address: 5394 Edgewood Drive, Mounds View

Cost \$\$2.00 Residents/\$5.00

Contact: 763-717-4040

Brooklyn Center Community Center

Address: 6301 Shingle Creek Pkwy, Brooklyn Center, MN 55430

Contact: 763 569-3400

Cost \$4.50 daily

New Brighton Community Center

Address: 400 10th St. N.W. New Brighton, MN 55112

Contact: 651 638-2130

Cost \$6.00

Brooklyn Park Senior Center

Address: 5600 85th Ave. N. Brooklyn Park, MN 55443

Contact: 763 493-8333

Cost \$3.00 daily or \$15.00 for 30 days.

Fairview Community Center

Address: 1910 County Rd. B W. Roseville, MN 55113

Contact: 651- 604-3770 call for more information.

Other Resources for East Metro

Maplewood Community Center

Address: 2100 White Bear Ave. Maplewood, MN 55109
Contact: 651-249-2100

Other Resources in West Metro Area

Edinborough Park Fitness Park

Address: 7700 York Ave S, Edina
Pool and indoor Track, some fitness equipment
\$7.00 a time or 10 passes for \$60.00
Year membership \$110.00 non resident or \$85.00 resident
Contact: 952-832-6790

Richfield Community Center

7000 Nicollet Ave Richfield,
Contact: 612-861-5378

Sabes Jewish Community Center

Address: 4330 S Cedar Lake Road, St. Louis Park
Contact: 952-381-3400
Membership \$72.00 a month with \$49.00 enrollment Fee

Calhoun Beach Club

Address: 2925 Dean Parkway | Minneapolis, MN 55416
Cost \$ starting at 85.00 for seniors
Contact Eric at 612-928-7673 for price information.

Williston Fitness Center

Address: 14509 Minnetonka Drive, Minnetonka, MN 55345
Cost \$36.00 resident \$45.00 nonresident or senior \$25.00/\$32.00.
Contact: 952-939-8370

The Marsh

Address: 15000 Minnetonka Boulevard Minnetonka
Contact: 952-930-8510
Cost \$93.00 per month with \$200.00 initial fee.

Plymouth Creek Athletic Club

Address: 3131 Campus Drive, Plymouth, MN 55441 Phone: 763-559-6286
Open-Ended Membership Options – Monthly Rates: Individual: \$38 + tax (\$36.10 w/ft). *One-time \$49 joining fee applies. Month-to-month contract, with 30-day written notice required to discontinue membership.* Daily Visitor Fees-Adults: \$8/day

Eden Prairie Community Center

Address: 16700 Valley View Road Eden Prairie
Cost \$9.00 daily for fitness center only
Contact: 952-949-8470

Elk River Activity Center

Address: 413 Proctor Ave Elk River
Phone: 763-439-2696

Other Resources in Buffalo

Fitness Evolution

Address: 101 14th St. NE, Buffalo

Contact: (763) 682-4300

Member \$19.99 no contract

Resources in Princeton

Princeton Health & fitness

Address: 607 S 2nd St.-18 miles from Cambridge

Contact: 763-631-1326

Cost \$10.00 per day

Other resources in Stillwater

Stillwater Fitness Club

Address: 110 S. Greeley Street · Stillwater, MN ·

Contact: 651-430-1584

Cost \$55.00 monthly no other fees.

Daily: \$15--Weekly: \$40

One month: \$75 --10-visit Punch Card: \$125

Other Facilities in Minnesota and Western Wisconsin

Anytime Fitness- open 24 hours a day

Cost: Approximately \$40.00-\$45.00 a month. Call for more details for specific club's pricing. Website: <http://www.anytimefitness.com>

Snap Fitness- open 24 hours a day.

Cost: Approximately \$40.00 a month. Call for more details for specific club's pricing. Website: www.snapfitness.com

Xperience Fitness –Cost \$99.00 to enroll and then \$10.00 a month. Website: www.myxperiencefitness.com

Locations:

- 7970 Brooklyn Blvd
Brooklyn Park, MN 55445
763.515.4650
- 12420 Aberdeen St NE
Blaine, MN 55434
763.784.4747
- 1555 Queens Drive
Woodbury, MN 55125
651.259.6200
- 905 County Road E East
Vadnais Heights, MN 55127
651.766.8888

YWCA- several locations in both Minneapolis and St Paul. Costs vary- (personal pricing plan)

- St Paul: 651-222-3741 www.ywcaofstpaul.org
- Minneapolis: 612-332-0500 www.ywcamppls.org

YMCA- located throughout Minnesota and Wisconsin. <http://www.ymca.net/> www.ymcatwincities.org
Cost of membership varies at each location. (personal pricing plan)

Indoor Walking Tracks no fitness equipment

Roseville Skating Center - Open M-F 7:30 AM to 9 PM, Sat and Sun 8 AM to 9 PM, except when there is an event. Cost - none for track only. <http://www.cityofroseville.com/index.aspx?NID=536>

Brooklyn Park Community Activity Center - 8 ¼ laps per mile. Track circles the ice arena below. Open 8 AM to 10 PM daily, but with occasional closings for hockey and special events. Cost - \$3
<http://www.brooklynpark.org/sitepages/pid393.php>

The New Hope Ice Arena - track circles two hockey rinks. Open only daytimes, M-F 10 AM to 3 PM. Cost - Free to the public. Call to check hours.

Chaska Community Center - cushioned track. Open M-S 5 AM to 10 PM, Sun 8 AM to 9 PM. Cost - Free to the public. <http://www.chaskacommunitycenter.com/ccenter/>

Eden Prairie High School -. Open whenever the building is open to the public. Cost - Free to the public. Address - 17185 Valley View Rd., Eden Prairie High, Gymnasium is around back.

Bloomington Activity Centers (inside Jefferson High School and Kennedy High School) - Both tracks are cushioned, and about 7 laps per mile. Both are open M-F 6 AM to 10 PM, Sat 8 AM to 6 PM, Sun 12 PM to 10 PM. Cost - Both are \$5, or \$2 for residents or those who work in Bloomington (use work address).
<http://cs.bloomington.k12.mn.us/modules/cms/pages.phtml?pageid=186082&sessionid=>

Maplewood Community Center - Suspended indoor track. Cost \$6.00/8.00 for full access. Address - 1830 County Rd. B East, Maplewood 651-249-2000

Shoreview Community Center - 14 laps per mile. Daily Cost \$7.90 for full access to the facility. Address - 4580 Victoria St. N, Shoreview 651-490-4700

North St. Paul Community Center and Recreation Dept. - Open M-F 5:30 AM to 9 PM, Sat 8 AM to 6 PM, Sun 10 AM to 6 PM. Cost \$7, \$5 for residents.

Eagan Community Center - 11 laps per mile. Daily pass \$10 (includes admission to all fitness amenities) Address - 1501 Central Parkway, Eagan 651-675-5550

Hillcrest Recreation Center - about 11 laps per mile. Times: 9:00-10:00 in the morning Monday-Friday. Address - 1978 Ford Parkway, St. Paul 651-695-3706

Shakopee Community Center - 14 laps per mile. Cost - Free. Address - 1255 Fuller St., Shakopee 952-233-9500.

Monticello Community Center - 15-16.7 laps per mile. Address - 505 Walnut St., Monticello 763-295-2954

St. Peter Community Center - 13.5 laps per mile. Address - 600 S 5th St., St. Peter 507-934-0667

Tai Chi

Courage Kenny Rehabilitation Institute offers Tai Chi specifically designed for people who have experienced a stroke, a brain injury or a movement disorder, and for their care partners

Phillips Eye Institute

Address: 2215 Park Avenue, Minneapolis, MN 55404

When: Fridays 1:00-2:00 p.m.

Register with Sue Newman at 612-863-4996

Cost: \$5.00 per session.

Courage Kenny Rehabilitation Institute Golden Valley

Address: 3915 Golden Valley Road, Golden Valley MN Park in the South Side parking lot.

Where: in Creekside Lounge.

When: Every Tuesday from 9:30-10:30 a.m.

Register – 612-775-2306

Cost: \$120 for 10-week session

Adapted Yoga

Increase strength, flexibility, balance and the ability to focus inward through the active practice of postures.

Discover a deeper connection between mind and body, one that fosters a sense of wholeness and well - being.

Cost: \$85 for a 10-week session

Courage Kenny Rehabilitation Institute Golden Valley

When: Days/Times: Mondays, 5-6:15 p.m. or 6:30-8 p.m.

Contact: Fitness Center, 612-775-2306

Courage Kenny Rehabilitation Institute Stillwater

When: Days/Times: Tuesdays, 10:30-11:30 a.m.; or Wednesdays, 10:30-11:30 a.m.

Contact: Sara C., 651-241-3334

Courage Kenny Rehabilitation Institute United Hospital & Milton M. Hurwitz ExerCare Fitness Center

When: Day/Time: Mondays: 12-12:45 p.m.

Cost is \$5 per class. Sold in groups of 5.

Contact: 651-241-8505

Ai Chi Relaxation

A relaxation progression with sequenced moves using deep breathing and slow, flowing body movements.

Similar to Tai Chi, but performed in shoulder-depth warm water. Open to people of all abilities.

Courage Kenny Rehabilitation Institute Golden Valley

When: Days/Times: Thursdays, 6:45 - 7:30 a.m.

Contact: Derek L., 612-775-2718 or derek.laberge@allina.com

Courage Kenny Rehabilitation Institute Stillwater

When: Days/Times: Fridays, 12 - 12:45 p.m.

Contact: Holly G., 651-241-3335 or hollyann.gigure@allina.com

Cost: \$65 for a 10-week session

For more information on Recreation and Leisure, contact the SHARE (Sports, Health, Activity, Recreation and Exercise) program.

Contact Stacy Shablott for more information::

- (612) 775-2275 or pager 612-654-5748 (put in your phone number when you hear the beep)
- stacy.shablott@allina.com
- <http://www.allinahealth.org/SHARE>

