

## 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](mailto: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](mailto: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](mailto: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).

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### 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

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## **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](http://www.allinahealth.org) Live Well Fitness center

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## **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

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## **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

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## 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: [Wasie Therapeutic Pool - Minneapolis](#)

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

*A wide range of independent, group and individual exercise programs are also offered at Wasie 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

<b>Other Resources in St. Paul:</b>
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**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.

**Heritage Park YMCA-Must be 55 years old and older**

Address: 1015 4th Ave. N. Minneapolis, MN 55405

Contact: 612- 821-2193

Cost: \$35.00 a month and no enrollment fee.

## 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 14<sup>th</sup> St. NE, Buffalo

Contact: (763) 682-4300

Member \$19.99 no contract

### **Resources in Princeton**

#### **Princeton Health & fitness**

Address: 607 S 2<sup>nd</sup> 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](http://www.snapfitness.com)

**Xperience Fitness** –Cost \$99.00 to enroll and then \$10.00 a month. Website: [www.myxperiencefitness.com](http://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](http://www.ywcaofstpaul.org)
- Minneapolis: 612-332-0500 [www.ywcamppls.org](http://www.ywcamppls.org)

**YMCA**- located throughout Minnesota and Wisconsin. <http://www.ymca.net/> [www.ymcatwincities.org](http://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](mailto: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](mailto: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](mailto:stacy.shablott@allina.com)
- <http://www.allinahealth.org/SHARE/>

