



Hastings Physical Activity Resources

Community Fitness Classes and Activities

Aquatics Center

Location: 901 Maple Street, Hastings, MN 55033

Offers: Slides, zero depth entry playground, watersprays, fountains, open lap swimming, swim lessons, and pool party rental reservations

Eligibility: Anyone who pays for a daily admission pass or a seasonal pass

Times: 12 – 7 pm daily, June 8-August 25th

Cost:

- Under 12 months of age - Free
- Under 42' tall – Daytime cost is \$5.75, after 5 pm is \$5.25
- Over 42' tall – Daytime cost is \$7, after 5 pm is \$5.25

Contact Information: (651) 480-2392

Hastings Community Education

Location: 310 River St. Hastings, MN 55033

Offers: Educational endeavors to improve quality of life and strength community for people of all ages. Exercise classes include zumba, fitness boot camp, yoga, palates, meditation, golf lessons, biking and kayaking trips.

Eligibility: Hastings residents

Times: Classes and activities vary

Cost: Varies on class and activity

Contact information: (651) 480-7670, <https://hastings.thatscommunityed.com/courses/>

Hastings Middle School

Location: 1000 W 11th St, Hastings MN 55033

Offers: Open lap swim with staffed licensed lifeguard on duty

Eligibility: Pre-registration required!

Times: 11:30 am – 1pm

Cost: \$3 / per time

Contact information: (651) 480-7670, Tilden Community Center, 310 River St, Hastings MN 55033

Walk For Your Heart

Location: Hastings High School Field House upper track, 200 General Sieben Dr, Hastings MN

Offers: A safe, climate-controlled facility to walk or jog around during scheduled hours.

Eligibility: Those that have purchased a “walk button” from community Education or Cub Foods of Hastings from the service counter.

Times: Mon – Fri, 6am – 10 pm, Sat 8 am – 3 pm

Cost: \$12/ person for the school year (\$6/ member of the Hastings Area Senior Center)

Contact Information: Hastings community Education, (651) 480-7670

http://hastingscommunityed.com/uploads/Walk_for_Your_Heart.pdf

Dakota County Public Health

Location: Anywhere you'd like to walk

Offers: Simple Steps, a walking program that encourages increase in exercise. Win prizes by tracking minutes walked.

Eligibility: Anyone who works or lives in Dakota county

Times: Registration starts March 15, 2013, program, April 1st program begins

Cost: Free!

Contact information: Public Health (651) 554-6100, simplesteps@co.dakota.mn.us

<http://www.co.dakota.mn.us/HealthFamily/HealthyLiving/FitnessExercise/Pages/simple-steps.aspx>

Senior Center - Tilden Community Center

Location: The South wing of the Tilden Community Center; 310 River St, Hastings MN

Offers: Different levels of yoga classes, water exercises (water classes are held at the middle school), Zumba, special events such as pickleball, bicycle trips, fishing, and dancing events,

Eligibility: Anyone 55 yrs + in the Hastings area

Times: Center hours Mon – Fri, 9 am – 4pm

Cost: \$12 annually, there are also free events throughout the year; each class may have an additional cost

Contact information: (651) 480-7680, http://hastingscommunityed.com/Contact_Us_Q17M.html

Hastings Parks and Recreation

Location: 920 W 10th St, Hastings, MN 55033

Offers: Wide variety of seasonal based activities for all ages, adult leagues include: Spring / summer softball, Rivertown Days coed-recreational kittenball tournament, 28 miles of outdoor nature trails, swim lessons, lap swimming and open swim at the Hastings Family Aquatic Center

Eligibility: Hastings residents, non-residential rates also available

Times: Office hours are Mon – Fri, 7 am – 3 pm, classes and activities time frames varies

Cost: Varies with each class or activity

Contact information – (651) 4806175, <http://www.ci.hastings.mn.us/>

Local Gyms and Fitness Centers

Anytime Fitness

Location: 1355 S Frontage Rd, Suite 340, Hastings MN 55033

Offers: 24/7 access to national and world wide clubs, group fitness classes, personal training, 24/7 tanning, pool access at Country Inn, small group training, TV's on all cardio equipment

Eligibility: Everyone is welcome to join

Times: 24 hrs/ 7 days

Cost: Varies on current promotions

Contact information: (651) 438-8818, <http://anytimefitness.com/gyms/892/hastings-mn-55033>

Hastings Snap Fitness

Location: 275 33RD St W, Hastings, MN 55033

Offers: 24/7 club access to national clubs, group fitness classes, personal training, 24/7 tanning, potential health insurance discounts or reimbursements (dependant on health insurance policies), local savings with use of snap membership around local businesses

Eligibility: Everyone is welcome to join

Times: 24 hrs / 7 days

Cost: Varies on current promotions

Contact information: (651) 438-9309, <http://www.snapfitness.com/gyms/hastings-mn-55033/92>

Hastings YMCA

Location: 85 pleasant Drive, Hastings, MN 55033

Offers: Group exercise classes, running clubs, swim lessons, silver sneakers program, free senior memberships (dependant on insurance type), personal training, small group's trainings, open lap swim, and other great fitness and community building programs. Facilities include amenities like a fitness center, aquatics indoor pool, whirlpool and sauna and free childcare during workout/ drop-off child care hours

Eligibility: Members and non-members, can pay as you go

Times: Seasonally change, building hours are Mon – Fri 5 am – 10 pm, Sat and Sun 6 am – 9 pm, current kids staff hours are Mon - Fri 8:00 am – 8:00 pm, Sat 8 am – 2 pm, Sun 10 am – 3:00 pm.

Cost: Can vary depending on current promotions otherwise standard \$25 enrollment fee

Contact information: (651) 480-8887, http://www.ymcatwincities.org/locations/hastings_ymca/