

COMMUNITY Resource Guide

Your healthcare providers at Welia Health invite you to check out the many wellness resources our communities have to offer:

MORA

Welia Center

- \$25 annual fee; sign up for key fobs at Mora Schools district office
- Indoor walking track, Wellbeats virtual classes
- Hours: 5:00am – 10:00pm, 7 days a week
- Info@welia.org • 320.679.6220 ext. 5500

Community Education

- Wellness opportunities often available
- http://www.moraschools.org/community_ed_

Yoga Classes

Taught by Charrie VanVleet –

320.515.9759 for details

Taught by Deb Newton –

Private lessons (or Group in Ogilvie)
Thai, Yoga and Meditation

320.980.3880 • yoga4selfhealing.com

Asolare Yoga & Wellness –

125 Forest Ave E • 651.964.8272

Find us on FB @Asolareyoga&wellness

Betabfit Group Fitness

- Fitness training
- 42 North Union Street • 612.390.0765

Anytime Fitness

- Machine and free weights, cardio equipment personal and group training
- Open 24 hours; *membership required*
- 901 Forest Ave E • 320.679.6970

Mora Aquatic Center

- Seasonal outdoor swimming
- Open to the public; passes available
- 611 S. Union Street • 320.679.1750

GRANTSBURG

Grantsburg Fitness and Performance

- Machine and free weights, cardio equipment personal and group training
- Open 24 hours; *membership required*
- 705 Hwy 70
- 715.463.3800

HINCKLEY

Hinckley Pool (public)

- Adult swim classes and open swim, ADA lift available
- 201 Main Street E
- 320.384.7325 (Community Ed office)

Hinckley Finlayson Fitness Center

- Hours: 5:00am – 10:00pm, 7 days a week
- Indoor walking track, cardio equipment, machine and free weights; *membership required*
- 320.384.7325 (Community Ed office)
- hfcommed.weebly.com/fitness-center.html

Community Education

- Yoga classes taught by Charrie VanVleet
- 320.384.7325 • hfcommed.weebly.com/

Meshakwad Community Center

- 38043 Hinckley Road; *membership required*
- 320.532.4181

PINE CITY

Anytime Fitness

- Machine and free weights, cardio equipment personal and group training
- Open 24 hours; *membership required*
- 925 Main Street S • 320.629.8987

Pine City Public Beach

- <https://pinecity.govoffice.com/parksrecreation>

Community Education

- Walking in PC Elementary School: 4pm - 6:30pm Weekdays, FREE to public, *registration required*
- <http://pccommunityeducation.weebly.com/>

Moms on the Run

- Outdoor walking and running group
- Year-round; *membership required*
- momsontherun.com/pinecity
- Find us on FB: @pinecitymomsontherun

BRAHAM

Community Education

- Wellness opportunities are often available
- http://brahamhs.ss5.sharpschool.com/district/community_education

RUSH CITY

Snap Fitness

- Personal training, weights, cardio equipment
- Open 24 hours; *membership required*
- 1170 W 4th Street • 320.358.0091

Aquatic Center

- Seasonal outdoor swimming
- Open to the public; passes available
- 305 S Eliot Ave • 320.358.3074

Community Education

- Wellness opportunities are often available
- bit.ly/3y1G1X7

MILACA

Snap Fitness

- Personal training, weights, cardio equipment
- Open 24 hours; *membership required*
- 900 State Hwy 23 W • 320.983.2300

Community Education

- Wellness opportunities are often available
- www.milaca.k12.mn.us/page/2519

Recreation Park

- Softball fields, pickleball courts, splashpad, skateboard ramp, rock climbing boulder, zip line, playground, ice skating, hockey rink, campsites, access to trail system
- 2nd St NW & 4th Ave NW (along Rum River)

FINLAYSON / SANDSTONE

Anytime Fitness

- Machine and free weights, cardio equipment personal and group training
- Open 24 hours; *membership required*
- 418 Main Street, Sandstone
- 320.245.3191

Community Education

- Wellness opportunities are often available
- https://www.eastcentral.k12.mn.us/community_education

East Central Public Pool

- Lap swim, open swim, passes available
 - 61085 State Hwy 23, Finlayson
 - https://www.eastcentral.k12.mn.us/community_education_swimming_pool
- or visit: www.eastcentral.k12.mn.us

Finlayson Fitness

- Open 24 hours; *membership required*
- 2213 Finland Ave, Finlayson
- 320.233.2011

CAMBRIDGE / ISANTI

Anytime Fitness

- Machine and free weights, cardio equipment, personal and group training
- Open 24 hours; *membership required*

Cambridge Location:

113 Main Street S

763.552.2348

Isanti Location:

120 Heritage Blvd NE

763.444.6344

Community Education

- Wellness opportunities are often available
- <https://c-ischools.ce.eleyo.com/>

Snap Fitness

- Personal training, weights, cardio equipment
- Open 24 hours; *membership required*
- 234 Main Street NE, Cambridge
- 763.552.7627

Total Fitness

- Classes, personal training, boot camp, yoga, nutrition, spin

Cambridge Location:

425 322nd Lane NW

763.237.3245

Isanti Location:

29097 Flanders Street NE

763.237.3245

Willowbridge

- Yoga; sign up for classes on *MindBody App*
- Membership or drop-in class fees
- <https://willowbridgecenter.com/yoga-studio/about/>
- 4 Enterprise Avenue NE, #1, Isanti
- 763.552.6161

OGILVIE

Ogilvie Community Pool

- Call about fees; punch card available
- Hours vary
- 333 School Drive
- 320.272.5003

Community Education

- Wellness opportunities are often available through community education
- <https://www.ogilvie.k12.mn.us/commed/SitePages/Home.aspx>

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