

## Area Physical Activity Opportunities

Physical Activity	Description	Phone	Location	Hours	Website
Jackson County Community Education	Youth and adult physical activity programming	507-847-6627	Jackson	Classes/activities vary by season, check website.	<a href="#">Click here</a>
Jackson County Central High School Pool	25 meters, 6 lanes, whirlpool, wading pool; guard training, swim lessons, water aerobics, private parties, BD specials.	507-847-5030	JCC High School, Jackson	Hours vary, check website.	<a href="#">Click here</a>
Jackson Splash Pad	3,000 sq. foot, zero depth splash pad	507-847-6627	JCC HS Softball Fields.	Seasonal summer hours.	<a href="#">Click here</a>
Jackson County Central High School Fitness Center	Cardio, free weights, & strength training machines,; Zumba classes	507-847-6627	JCC High School, Jackson	School year hours: M-F 630am-8am, 1130am-1pm. & 430-9pm Summer hours, M-TH 6pm-8pm	<a href="#">Click here</a>
Anytime Fitness	Cardio & strength training equipment; group classes.	507-849-7348	508 2nd St, Jackson, MN	24/7	<a href="#">Click here</a>
Prairie Rehab & Fitness	Cardio & strength training equipment.	507-847-4333	816 3rd Street, Jackson, MN	24/7	<a href="#">Click here</a>
Level 10 Fitness	Indoor cycling, TRX, Barre, Pilates, Yoga, Bootcamp, Kickboxing, FitFusion, Infrared Sauna, and Personal Training.	507-841-0338	Two locations: Jackson: 503 First Street, Jackson, MN 56143.  Milford: 800 Okoboji Avenue, Milford, IA 51351	Classes vary by location, check their website for more information.	<a href="#">Click here</a>
City of Jackson Trails	Outdoor walking, biking, skating, hiking.	507-847-6930	Jackson	24/7	<a href="#">See map</a>
Jackson County Parks & Recreation	Jackson County is home to 10 county parks, all offering recreational opportunities	507-849-7251	Jackson County	Contact Jackson County Parks/Recreation Department for seasonal hours	<a href="#">Click here</a>
Body Balance Fitness	Cardio & strength training equipment, circuit classes, massage therapy, and more	507-6625929	602 South HWY 86, Lakefield, MN	Keycard access daily, 4am to 12am.	<a href="#">Click here</a>
Lakefield Aquatic	Family swim, swim	507-662-6133	706 Menage	Summer hours	<a href="#">Click here</a>

Center	lessons, and private events.		Lakefield, MN	(see website)	
Sparks Park (Ecology Bus Center)	Outdoor walking and walking; snowshoeing. PEBC members get 2 free snowshoe rentals a year; Snowshoe rental rates: \$3 per day	507-662-5064	935 North HWY 86 Lakefield, MN	See website for hours.	<a href="#">Click here</a>
Heron Lake-Okabena Community Education	Youth and adult programming; hallway-walking	507-853-4507	Heron Lake-Okabena	Classes/activities vary by season, check website.	<a href="#">Click here</a>
HL-O Community Wellness Center	Free & cable weights, cardio equipment, circuit classes in fall and winter.	507-853-4507	124 North Minnesota Avenue, Okabena, MN	School Hours: M-F 6am-8pm; Sat 8am-10am.  Summer Hours: M-F 6am-11am, 4pm-7pm; Sat. 8am-10am.	<a href="#">Click here</a>
HL-O Indoor Pool	Open swim, lessons, and group aqua classes.	507-793-2307	321 Stearns Avenue, Heron Lake, MN	Hours vary, check website	<a href="#">Click here</a>
Mountain Lake Family Fitness	Mt. Lake Family Fitness is a 24 hour locally owned fitness center located in downtown Mt. Lake featuring cardio, free weights, weight machines and tanning beds. We are also an accredited "Silver Sneakers" provider.	507-427-8900	208 10 <sup>th</sup> Street North, Mt. Lake, MN 56159	24/7 key access; staff hours 4:00 - 7:00 pm Monday and Wednesday.	<a href="#">Click here</a>
Mt. Lake Community Education	Youth and adult physical activity programming.	507-450-1994	450 12th Street, Mt. Lake, MN 56159	Classes/activities vary by season, check website.	<a href="#">Click here</a>
Westbrook Pool	Open swim, swimming lessons, wading pool, water walking, and tot time.	507-274-5539	533 Columbus Ave, Westbrook, MN	Seasonal hours; M-Sun. 1pm-5pm & 630pm-830pm.	<a href="#">Click here</a>
Westbrook Area	Cardio, weight	507-274-5450	638 7 <sup>th</sup> Street,	Sun-Sat; 5am-	<a href="#">Click here</a>

Wellness Center	stations, free weights,		Westbrook, MN	10pm.	
Windom Community Education	Youth and adult programming; hallway-walking.	507-831-6915	Windom	Classes/activities vary by season, check website.	<a href="#">Click here</a>
Windom Community enter Open Gym	Open Gym: Fee: \$2 each night.	507-831-6149	Windom Community Center	Monday's thru February: 5pm-730pm	<a href="#">Click here</a>
Windom Area High School (Blue Gym)	Adults Open Gym: Fee: \$2 or \$25 season pass.	507-8314-6910	Windom High School	Wednesday's thru March: 7pm-9pm	<a href="#">Click here</a>
Windom Area High School (Gold Gym)	Pickleball: Fee: \$2 or \$25 season pass	507-831-6910	Windom High School	Wednesday's thru March: 6pm-8pm	<a href="#">Click here</a>
Windom Area Health Wellness Center	Cardio & strength training, fitness classes; daily, monthly, annual memberships for single or family.	507-831-0672	2150 Hospital Drive, Windom, MN	Members have access to the Wellness Center 5am-11pm seven days a week; Staffed hours: M-TH 8am-6pm; F 8am-5pm	<a href="#">Click here</a>
Windom Pool	Olympic size (50 meters) outdoor heated swimming pool, Swimming lessons, water aerobics classes.	507-831-6122 (Parks and Recreation)	Located at Island Park	Hours vary depending on swim type; check website.	<a href="#">Click here</a>
River Valley Fitness Center	Circuit training, cardio, free weights, classroom, group fitness, kickboxing, yoga.	507-832-8399	HWY 60, Windom, MN	24/7 key access; Staff available M-F 10am-7pm, Sat. by appointment only	<a href="#">Click here</a>
YMCA Bedell Family	Game room, child watch center, wellness center, fitness studio, aquatics, skate park, massage therapy	712-336-9622	1900 41 <sup>st</sup> Street, Spirit Lake, IA	M-F 430am-9pm; Sat-Sun 7am-6pm	<a href="#">Click here</a>
YMCA, DeGroot Family Center	Aquatics, youth and adult programming, group fitness, cardio, strength training	507-376-6197	1501 Collegeway, Worthington, MN	M-TH 530am-9pm; Fri 530am-8pm; Sat. 8am-7pm; Sun 1pm-6pm	<a href="#">Click here</a>
Prairie Rehab Fitness	Cardio & strength training equipment.	507-372-2232	315 Oxford Street Worthington,	Fitness center hours 24/7; Staff hours M-Fri. 7am-	<a href="#">Click here</a>

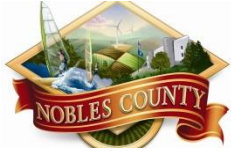
			MN	5pm	
Worthington Community Education	Youth and adult physical activity programming	507-376-6105	West Learning Center 117 11th Ave	Classes/activities vary by season, check website.	<a href="#">Click Here</a>
Adrian Community Education	Opportunities provided by the school district to stay active, learn, have fun and participate in the community	507-483-2266	410 Indiana Avenue, Adrian MN	Classes/activities vary by season, check website.	<a href="#">Click Here</a>
Adrian Community Education Fitness Center	Adrian Community Education Fitness Center is available to individuals and families that wish to have 24-hour access to our fitness facility.	507-483-2266	410 Indiana Avenue, Adrian MN	Fitness center hours 24/7.	<a href="#">Click Here</a>
T3 Fitness Adrian	Fitness center to provide fitness classes and personal training.	507-827-2415	212 Main Avenue, Adrian MN	8am-5pm M-Fri. Closed Saturday and Sundays.	<a href="#">Click Here</a>
Fairmont (outdoor) Aquatic Center	Zero depth splash pool, 6 lane recreation pool, spring boards, slides, sand play lot, deck lounge chairs, sun tanning areas, locker rooms and family areas, swim classes, parties, and rentals available.	507-238-9292 or 507-238-9461	1400 South Prairie Avenue, Fairmont, MN	Summer hours (see website for details).	<a href="#">Click here</a>
Anytime Fitness	Cardio & strength training equipment	507-235-5055	426 South State Street, Five Lakes Centre, Fairmont, MN	24/7 access.	<a href="#">Click here</a>

Feel free to contact Claire Henning and Luke Ewald to learn more about community wellness!

Cottonwood-Jackson-Nobles County Statewide Health Improvement Partnership (SHIP) team.

Claire: 507-295-5389 / [chenning@co.nobles.mn.us](mailto:chenning@co.nobles.mn.us)

Luke: 507-847-6930 / [luke.ewald@dvhhs.org](mailto:luke.ewald@dvhhs.org)



**Des Moines Valley  
Health and Human Services**