













# ACTIVE LIVING, HEALTHY FOODS & TOBACCO CESSATION RESOURCES IN STEELE COUNTY


Located in Owatonna unless otherwise noted. \$ - cost/fee

PHYSICAL ACTIVITY	
<b>Bicycling</b>	<p>Owatonna Bike Club <a href="http://owatonnabikeclub.com/">http://owatonnabikeclub.com/</a></p> <p>Straight River Sports <a href="http://straightriversports.com">http://straightriversports.com</a></p> <p>Owatonna City Trails <a href="http://www.ci.owatonna.mn.us/283/Parks-Recreation">http://www.ci.owatonna.mn.us/283/Parks-Recreation</a> 507-444-4321</p>
<b>Bowling \$</b> 	<p><b>Bunkies Grille and Lanes</b> 311 Main St. E., Blooming Prairie 507-583-2321</p> <p><b>Sparetime Entertainment</b> 333 18<sup>th</sup> St SE 507-451-2524 <a href="http://www.spare-time-fun.com/">http://www.spare-time-fun.com/</a></p>
<b>Camping \$</b> 	<p><b>Hope Oak Knoll Campground</b> 9545 County Road 3 507-451-2998 <a href="http://www.hikercentral.com/campgrounds/106543.html">www.hikercentral.com/campgrounds/106543.html</a></p> <p><b>Rice Lake State Park</b> 8485 Rose St 507-455-5871 <a href="http://www.dnr.state.mn.us/state_parks/rice_lake/index.html">http://www.dnr.state.mn.us/state_parks/rice_lake/index.html</a></p> <p><b>Riverview Campground</b> 2554 SW 28<sup>th</sup> St 507-451-8050 <a href="http://riverviewcampgroundminnesota.com/">http://riverviewcampgroundminnesota.com/</a></p>
<b>Canoeing, Kayaking, Boating</b> 	<p><b>Owatonna City Parks Lake Kohlmeier 1550 Mosher Drive, Owatonna</b> 507-774-7372</p> <p><b>Beaver Lake (Summer)</b> County Rd 28, ½ mile north of Highway 30 – west of Ellendale 507-451-1093</p> <p><b>Lake Chase</b> 1915 State Ave NW</p> <p><b>Rice Lake State Park</b> 8485 Rose St 507-414-6191 <a href="http://www.dnr.state.mn.us/state_parks/rice_lake/index.html">http://www.dnr.state.mn.us/state_parks/rice_lake/index.html</a></p> <p><b>Straight River</b> <a href="http://www.dnr.state.mn.us/watertrails/straightriver/index.html">http://www.dnr.state.mn.us/watertrails/straightriver/index.html</a></p>
<b>Community Ed \$</b> <i>Ask about scholarships</i>	<p><b>Blooming Prairie</b> <a href="https://www.k12.mn.us/page/2538">https://www.k12.mn.us/page/2538</a> 507-583-4426</p> <p><b>NRHEG – New Richland, Hartland, Ellendale, Geneva</b> <a href="https://www.nrheg.k12.mn.us/domain/49">https://www.nrheg.k12.mn.us/domain/49</a> 507-417-2642</p> <p><b>Medford</b> <a href="https://www.medford.k12.mn.us/">https://www.medford.k12.mn.us/</a> Click on Community Ed tab on top 507-451-5250 x706</p> <p><b>Owatonna</b> <a href="http://communityed.isd761.org">http://communityed.isd761.org</a> 507-444-7900</p>


<p><b>Cross Country Skiing</b></p> 	<p><b>Morehouse Park – Ski/Snowshoe rental</b> \$ 350 School St 507-444-4321</p> <p><b>Owatonna City Trails - Kaplan’s Woods, Brooktree Golf Course</b> <a href="http://www.ci.owatonna.mn.us/283/Parks-Recreation">http://www.ci.owatonna.mn.us/283/Parks-Recreation</a> 507-444-4321</p> <p><b>Rice Lake State Park</b> 8485 Rose St, Owatonna <a href="http://www.dnr.state.mn.us/state_parks/rice_lake/index.html">http://www.dnr.state.mn.us/state_parks/rice_lake/index.html</a> 507-414-6191</p>
<p><b>Dance/Gymnastics</b> \$</p> 	<p><b>Jill Hoggard Academy of Dance</b> 255 SE 22nd St <a href="http://www.danceowatonna.com">www.danceowatonna.com</a> 507-451-0074</p> <p><b>Just For Kix – Blooming Prairie</b> <a href="https://www.justforkix.com/danceclasses/bloomingprairie_mn">https://www.justforkix.com/danceclasses/bloomingprairie_mn</a> 507-279-3417</p> <p><b>Just for Kix - Owatonna</b> 1414 S. Oak Avenue Suite 7B <a href="http://www.justforkix.com/danceclasses/owatonna_mn">www.justforkix.com/danceclasses/owatonna_mn</a> 507-219-8842</p> <p><b>Pillsbury Gymnastics Academy</b> <a href="http://www.pillsburygymnastics.com">www.pillsburygymnastics.com</a> 507-214-7703</p> <p><b>Owatonna Gymnastics Club</b> <a href="http://www.owatonnagymnastics.com">www.owatonnagymnastics.com</a> 507-451-4163</p> <p><b>Unlimited Possibilities Dance Studio</b> 136 S Oakdale Street Suite 1 <a href="http://www.updsdance.com">www.updsdance.com</a> 507-402-4842</p>
<p><b>Fitness</b> \$</p> 	<p><b>Anytime Fitness</b> 1010 Hoffman Drive NW Owatonna <a href="https://www.anytimefitness.com">https://www.anytimefitness.com</a> 507-451-0144</p> <p><b>Crossfit Holdfast</b> 1770 Mosher Ave 507-461-3832</p> <p><b>Dynamic Fitness and Yoga Center</b> 606 Hoffman Drive <a href="http://www.dynamicfitnessowatonna.com/">http://www.dynamicfitnessowatonna.com/</a> 507-573-1097</p> <p><b>Just About You! Get In Shape Studio</b> 127 Oakdale St <a href="http://www.justaboutyoustudio.com/">http://www.justaboutyoustudio.com/</a> 507-213-6324</p> <p><b>Lerberg’s Fitness Center</b> 118 5<sup>th</sup> Ave, Ellendale 507-684-2471</p> <p><b>Snap Fitness</b> 1824 South Cedar Ave <a href="https://www.snapfitness.com">https://www.snapfitness.com</a> 507-455-3500</p> <p><b>Sollid Studios</b> 1400 S. Oak Ave. <a href="http://www.sollidstudios.com">www.sollidstudios.com</a> 507-438-5965</p> <p><b>Owatonna Tennis &amp; Fitness Center at West Hills</b> 502 Dunnell Dr <a href="http://www.ci.owatonna.mn.us/283/Parks-Recreation">http://www.ci.owatonna.mn.us/283/Parks-Recreation</a> 507-444-4290</p>
<p><b>Golf</b> \$</p> 	<p><b>Blooming Prairie Country Club</b> 7701 118<sup>th</sup> St SE, Blooming Prairie <a href="https://www.bpcountryclub.com/">https://www.bpcountryclub.com/</a> 507-583-2887</p> <p><b>Brooktree</b> 1369 Cherry St 507-444-2467</p>

	<p><a href="https://www.brooktreegolfcourse.com">https://www.brooktreegolfcourse.com</a>  <b>Havana Hills Par 3 Golf &amp; Driving Range</b>  2213 NE 34<sup>th</sup> Ave, Owatonna  <a href="https://www.mngolf.org/course/Havana_Hills_Golf_Course_&amp;_Range">https://www.mngolf.org/course/Havana_Hills_Golf_Course_&amp;_Range</a> 507-451-2577</p> <p><b>Owatonna Country Club</b>  1991 Lemond Rd 507-451-6120  <a href="https://www.owatonnacc.com/">https://www.owatonnacc.com/</a></p>
<p><b>Skating/Hockey/Rinks</b></p> 	<p><b>Victory Field</b> – Rink &amp; skate rentals \$ 507- 583-2315  100 4<sup>th</sup> Ave SW, Blooming Prairie  <a href="http://www.bloomingprairie.com/index.asp?Type=B_BASIC&amp;SEC={61C93DC1-4BB0-4625-B12A-0E656FBC28D4}">http://www.bloomingprairie.com/index.asp?Type=B_BASIC&amp;SEC={61C93DC1-4BB0-4625-B12A-0E656FBC28D4}</a></p> <p><b>Four Seasons Centre</b> – Rink \$ 507-451-1093  Owatonna Fairgrounds, 1525 Elm Ave S</p> <p><b>Morehouse Park</b> Rinks &amp; skate rentals \$ 507-444-4321  <a href="http://www.ci.owatonna.mn.us/283/Parks-Recreation">http://www.ci.owatonna.mn.us/283/Parks-Recreation</a></p>
<p><b>Recreation \$</b>  <i>Ask about scholarships.</i></p> 	<p><b>Owatonna City Parks</b> 507-444-4321  <a href="http://www.ci.owatonna.mn.us/283/Parks-Recreation">http://www.ci.owatonna.mn.us/283/Parks-Recreation</a></p> <p><b>Disc Golf Courses</b>  Mineral Spring Park 507-451-9088  Riverview Campground \$ 507-451-8050</p> <p><b>Medford Parks &amp; Recreation \$</b> 507-455-2866  <a href="https://medfordminnesota.com/departments/parks-and-recreation/">https://medfordminnesota.com/departments/parks-and-recreation/</a></p> <p><b>Victory Field</b>  100 4<sup>th</sup> Ave SW, Blooming Prairie</p> <p><b>Owatonna Park &amp; Recreation – Adult and youth programs \$</b> 507-444-4321  <a href="http://www.ci.owatonna.mn.us/283/Parks-Recreation">http://www.ci.owatonna.mn.us/283/Parks-Recreation</a></p> <p><b>Steele County Parks</b> 507-451-1093  Crane Creek, Hope School, and Beaver Lake  <a href="https://www.co.steele.mn.us/residents/community_information/steele_county_park_locations.php">https://www.co.steele.mn.us/residents/community_information/steele_county_park_locations.php</a></p> <p><b>Straight River Sports &amp; Fitness \$</b> 507-451-1666  222 W Bridge St  <a href="https://straightriversports.com/">https://straightriversports.com/</a></p> <p><b>Tae Kwondo - NTI: National Taekwondo Institute \$</b> 507-456-0550  212 W Bridge St  <a href="http://www.ntikicks.com">www.ntikicks.com</a></p>
<p><b>Seniors</b></p>	<p><b>Chair Aerobics &amp; Weight Training \$</b> 507-977-2150  Courage Kenny Rehabilitation Institute at the Owatonna Hospital  Classes held at Senior Place – 500 Dunnell Drive, Owatonna  <a href="http://www.owatonnahospital.com/ahs/owatonna.nsf/page/senior_wellness">www.owatonnahospital.com/ahs/owatonna.nsf/page/senior_wellness</a></p> <p><b>Adult Leisure Pursuits \$</b> 507-444-4280  500 Dunnell Dr  <a href="http://www.ci.owatonna.mn.us/283/Parks-Recreation">http://www.ci.owatonna.mn.us/283/Parks-Recreation</a>  Table tennis, chair aerobics, weight training, dancing, pickle ball and more!</p>
<p><b>Tennis</b></p> 	<p><b>Owatonna Park &amp; Recreation – various parks</b> 507-444-4321  540 West Hills Circle  <a href="http://www.ci.owatonna.mn.us/283/Parks-Recreation">http://www.ci.owatonna.mn.us/283/Parks-Recreation</a></p> <p><b>West Hills Tennis &amp; Fitness Center \$</b> 507-444-4290  502 Dunnell Dr W  <a href="http://www.ci.owatonna.mn.us/283/Parks-Recreation">http://www.ci.owatonna.mn.us/283/Parks-Recreation</a></p>

<b>Therapeutic Recreation</b>	<b>Owatonna Park &amp; Recreation \$</b> <a href="http://www.ci.owatonna.mn.us/283/Parks-Recreation">http://www.ci.owatonna.mn.us/283/Parks-Recreation</a>	507-444-4321
<b>Walk/Hike/Bike/Trails</b>  	<b>Owatonna's Historic Downtown Walking Tour</b> <a href="https://visitowatonna.org">https://visitowatonna.org</a>  <b>Owatonna High School track</b> Enter on Harriet Avenue  <b>Owatonna Hospital</b> Indoor path (.25 mile) & Outdoor path (1.25 mile)  <b>Owatonna Park &amp; Recreation – Kaplan's woods &amp; trails</b> 540 West Hills Circle <a href="http://www.ci.owatonna.mn.us/283/Parks-Recreation">http://www.ci.owatonna.mn.us/283/Parks-Recreation</a>  <b>Rice Lake State Park \$</b> 8485 Rose St <a href="http://www.dnr.state.mn.us/state_parks/rice_lake/index.html">http://www.dnr.state.mn.us/state_parks/rice_lake/index.html</a>	507-451-7970           507-451-3850           507-444-4321           507-455-5871
<b>Water Activities/ Pools \$</b>  	<b>Baymont Inn and Suites \$</b> 245 Florence Avenue  <b>Great Serengeti Indoor Water Park \$</b> Holiday Inn, 2365 NW 43 <sup>rd</sup> St  <b>Lake Kohlmier (swim, kayak, canoe, paddleboard, hydro bike)</b> 1550 Mosher Drive Owatonna <a href="http://www.ci.owatonna.mn.us/283/Parks-Recreation">http://www.ci.owatonna.mn.us/283/Parks-Recreation</a>  <b>Medford City Pool (Summer) \$</b> 205 2 <sup>nd</sup> Ave SE, Medford <a href="https://www.medfordminnesota.com">https://www.medfordminnesota.com</a>  <b>Owatonna Country Club Pool (Summer) \$</b> 1991 Lemond Rd <a href="https://www.owatonnacc.com/">https://www.owatonnacc.com/</a>  <b>Owatonna Junior High \$</b> 500 15 <sup>th</sup> St NE <a href="http://www.ci.owatonna.mn.us/283/Parks-Recreation">http://www.ci.owatonna.mn.us/283/Parks-Recreation</a>  <b>Pine Springs Pool (Summer) \$</b> 1 <sup>st</sup> Ave & 1 <sup>st</sup> St NW, Blooming Prairie <a href="https://www.bloomingprairie.com">https://www.bloomingprairie.com</a>  <b>River Springs Water Park (Summer) \$</b> 3065 St Paul Rd <a href="https://ci.owatonna.mn.us/306/River-Springs-water-park">https://ci.owatonna.mn.us/306/River-Springs-water-park</a>  <b>West Hills Pool \$</b> 502 Dunnell Dr W Contact Park & Rec for more information.	507-455-1142 800-634-3444  507-446-8900           507-744-7372           507-455-0193           507-451-6120           507-444-4321           507-583-7401           507-774-7370           507-444-4290

<b>HEALTHY FOODS</b>		
	<b>Community Pathways of Steele County (Food Shelf)</b> 155 Oakdale St <a href="https://communitypathwayscc.org">https://communitypathwayscc.org</a>  <b>Eat Well Nutrition Therapy</b> 202 ½ Cedar Avenue N. PO Box 913, Owatonna	507-455-2991           507-390-0229

	<p>Louanna Kaupa  <a href="http://www.eatwellnutritiontherapy.com">www.eatwellnutritiontherapy.com</a></p>	
	<p><b>Johnson Oakside Orchards</b> (Mid Sept – mid Nov on Sundays 12-5            9824 SW 75<sup>th</sup> St, Ellendale  <a href="https://www.facebook.com/pages/Johnson-Oakside-Orchard/170111869711532">https://www.facebook.com/pages/Johnson-Oakside-Orchard/170111869711532</a></p>	507-465-8398
	<p><b>MN Grown Directory</b>            The Minnesota Grown Directory has 840 locations where you can purchase directly from the farmer! Includes farmers markets, Community Supported Agriculture farms, garden centers, berry farms, orchards and more!  <a href="https://minnesotagrown.com/">https://minnesotagrown.com/</a></p>	
	<p><b>Owatonna Farmer’s Market</b> \$            Central Park – Saturdays 7-3  <a href="https://www.facebook.com/search/top/?q=Owatonna%20farmers%20market">https://www.facebook.com/search/top/?q=Owatonna%20farmers%20market</a></p>	507-455-0969
	<p><b>Ellendale Farmer’s Market</b> \$            215 5th Ave West – Saturday 9-11 a.m.</p>	
	<p><b>Blooming Prairie Farmers Market</b> \$            210 4th St NE - Friday 4:00 - 6:00 pm</p>	
	<p><b>WIC – Women, Infants, &amp; Children</b> - a nutrition and breastfeeding program that helps eligible pregnant women, new mothers, babies and young children eat well, learn about nutrition, and stay healthy. WIC provides nutrition education and counseling, nutritious foods, and referrals to health and other social services.</p> <p><b>Steele County Public Health</b>            635 Florence Ave            Owatonna</p>	507-444-7660

TOBACCO CESSATION	
	<p><b>QUITPARTNER HELPLINE 1-800-QUIT-NOW (784-8669)</b> <span style="float: right;"><b>Free tobacco cessation service.</b></span></p> <ul style="list-style-type: none"> <li>• The helpline is available to Spanish speakers and the hearing-impaired. Interpreter services are available for other languages as well.</li> </ul> <p>Online program: <a href="http://www.quitpartnermn.com">www.quitpartnermn.com</a></p> <ul style="list-style-type: none"> <li>• Minnesota’s new family of programs to help people who want to quit smoking, vaping, chewing or using other commercial tobacco products.</li> <li>• Free personalized coaching</li> <li>• Youth program-serving ages 13-17 at <a href="http://www.mylifemyquit.com">www.mylifemyquit.com</a></li> </ul>



The Statewide Health Improvement Partnership (**SHIP**) supports community-driven solutions to expand opportunities for active living, healthy eating and commercial tobacco-free living.

For more information, contact the Steele County SHIP coordinator at 507-444-7640.  
[http://www.co.steele.mn.us/divisions/community\\_services/public\\_health/SHIP.php](http://www.co.steele.mn.us/divisions/community_services/public_health/SHIP.php)