

# Arthritis Foundation Exercise Programs – Twin Cities

## **Andover**

### **Aquatic & Tai Chi for Arthritis**

Andover YMCA  
15200 Hanson Blvd  
Andover MN 55304  
763-230-9622

## **Apple Valley**

### **Aquatic**

Augustana Care Centers  
14650 Garrett Ave  
Apple Valley MN 55124  
952-236-2570

## **Arden Hills**

### **Aquatic**

Johanna Shores  
3220 Lake Johanna Blvd  
Arden Hills MN 55112  
651-631-6000 ext. 7936

## **Bloomington**

### **Tai Chi for Arthritis**

Normandale Community College  
9700 France Ave S  
Bloomington MN 55436  
Contact Instructor - Keith Root  
612-812-8361

### **Tai Chi for Arthritis**

Normandale Hylands United Methodist Church  
9920 Normandale Blvd  
Bloomington MN 55436  
952-215-7052

## **Brooklyn Center**

### **Aquatic**

Brooklyn Center Community Center  
6301 Shingle Creek Pkwy  
Brooklyn Center MN 55430  
763-569-3400

## **Burnsville**

### **Aquatic & Tai Chi for Arthritis**

Burnsville YMCA  
13850 Portland Ave S  
Burnsville MN 55337  
952-898-9622

## **Tai Chi for Arthritis**

Burnsville Senior Center  
200 W Burnsville Pkwy Ste 102  
Burnsville MN 55337  
www.communityed191.org/

## **Tai Chi for Arthritis**

Grace United Methodist Church  
15309 Maple Island Rd  
Burnsville MN 55306  
952-215-7052

## **Chisago City**

### **Aquatic & Tai Chi for Arthritis**

Vitalize! Wellness Center  
28120 Old Towne Rd  
Chisago City MN 55013  
651-257-0575

## **Coon Rapids**

### **Aquatic & Tai Chi for Arthritis**

Emma B Howe YMCA  
8950 Springbrook Dr  
Coon Rapids MN 55433  
763-785-7882

## **Eagan**

### **Aquatic**

Eagan YMCA  
550 Opperman Dr  
Eagan MN 55123  
651-456-9622

## **Tai Chi for Arthritis**

The Yoga Soul Center  
3348 Sherman Court, Ste 001  
Eagan MN 55123  
651-452-5789

## **Eden Prairie**

### **Aquatic & Tai Chi for Arthritis**

Summit Place Senior Campus  
The Summit Club  
8501 Flying Cloud Dr  
Eden Prairie MN 55344  
952-995-1000

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## Edina

### **Aquatic**

Edinborough Park  
7700 York Ave S  
Edina MN 55435  
952-833-9540

### **Aquatic & Tai Chi for Arthritis**

Southdale YMCA  
7355 York Ave S  
Edina MN 55435  
952-835-2567

## Elk River

### **Aquatic**

Elk River YMCA  
13337 Business Center Dr NW  
Elk River MN 55330  
763-230-2800

## Forest Lake

### **Tai Chi for Arthritis**

Forest Lake Area Schools Community  
Education  
[ldrolson@flaschools.org](mailto:ldrolson@flaschools.org)  
651-982-8334

## Golden Valley

### **Tai Chi for Arthritis**

Brookview Community Center  
200 Brookview Pkwy  
Golden Valley MN 55426  
763-512-2340

### **Tai Chi for Arthritis**

Calvary Cooperative Center  
7600 Golden Valley Rd  
Golden Valley MN  
763-544-1090

### **Aquatic**

Courage Kenny Rehabilitation Center  
3915 Golden Valley Rd  
Golden Valley MN 55422  
763-520-0687

## Hastings

### **Aquatic & Tai Chi for Arthritis**

Hastings Area YMCA  
85 Pleasant Dr  
Hastings MN 55033  
651-480-8887

## **Tai Chi for Arthritis**

Hastings Senior Center  
310 River St  
Hastings MN 55033  
651-480-7689

## Hudson WI

### **Aquatic**

Hudson YMCA  
2211 Vine St  
Hudson WI 54016  
715-386-1616

## Inver Grove Heights

### **Aquatic/Tai Chi for Arthritis/Walk With Ease**

Veterans Memorial Community Center/The Grove  
8055 Barbara Ave  
Inver Grove Heights MN 55077  
651-554-3440

## Lino Lakes

### **Aquatic/Tai Chi for Arthritis**

Chain of Lakes YMCA  
7690 Village Dr  
Lino Lakes MN 55014  
651-795-9622

## Maple Grove

### **Aquatic**

Maple Grove Community Center  
12951 Weaver Lake Rd  
Maple Grove MN 55369  
763-494-6514

## **Walk With Ease**

Three Rivers Park District  
Elm Creek Park Reserve  
On a seasonal basis  
763-559-6700  
[www.threeriversparks.org](http://www.threeriversparks.org)

## Minneapolis

### **Aquatic**

Abbott Northwestern Hospital-Wasie Pool  
800 East 28<sup>th</sup> St (at Chicago Ave)  
Minneapolis MN 55407  
612-863-5238  
<http://www.allinahealth.org/ahs/ski.nsf/page/swimming>

# Arthritis Foundation Exercise Programs – Twin Cities

## **Exercise**

Bethel Lutheran Church-Nokomis Health Seniors  
4120 17<sup>th</sup> Ave S  
Minneapolis MN 55407  
612-729-5499

## **Tai Chi for Arthritis**

Blaisdell YMCA  
3335 Blaisdell Ave S  
Minneapolis MN 55408  
612-827-5401

## **Tai Chi for Arthritis**

Creekside Community Center  
9801 Penn Ave South  
Minneapolis MN 55431  
952-215-7052

## **Tai Chi for Arthritis**

Minneapolis Park and Recreation Logan Park  
690 13<sup>th</sup> Ave NE  
Minneapolis MN 55413  
612-370-4927

## **Exercise**

Pearl Recreation Center  
414 East Diamond Lake Rd  
Minneapolis MN 55419  
612-370-4906

## **Juvenile Arthritis Family Network (JAFN)**

Shriners Hospital  
2013 E River Pkwy  
Minneapolis MN 55414  
Open to children & families meets 2<sup>nd</sup> Sat of every month except Mar, Jun, Jul & Aug.  
651-644-4108

## **Minnetonka**

### **Aquatic & Tai Chi for Arthritis**

Ridgedale YMCA  
12301 Ridgedale Dr  
Minnetonka MN 55305  
952-544-7708

## **New Hope**

### **Aquatic**

New Hope YMCA  
760142<sup>nd</sup> Ave  
New Hope MN 55427  
763-535-4800

## **Plymouth**

### **Tai Chi for Arthritis**

Plymouth Park and Recreation  
14800 34<sup>th</sup> Ave N  
Plymouth MN 55447  
763-509-5200 or 5288

### **Tai Chi for Arthritis**

Wayzata Community Education  
305 Vicksburg Lane  
Plymouth MN 55447  
[www.Wayzata.thatscommunityed.com/](http://www.Wayzata.thatscommunityed.com/)  
763-745-5200

## **Prior Lake**

### **Aquatic & Tai Chi for Arthritis**

River Valley YMCA  
3572 N Berens Rd NW  
Prior Lake MN 55379  
952-230-9622

## **Red Wing**

### **Aquatic & Tai Chi for Arthritis**

Red Wing YMCA  
434 Main St  
Red Wing MN 55066  
651-388-4724

### **Tai Chi for Arthritis**

Red Wing Senior Center  
240 Harrison St  
Red Wing MN 55066  
651-267-3599

## **Richfield**

### **Tai Chi for Arthritis**

Richfield Community Center  
7000 Nicollet Ave  
Richfield MN 55423  
(Community Ed – Seasonal)  
612-861-9361

# Arthritis Foundation Exercise Programs – Twin Cities

## **Tai Chi for Arthritis**

Richfield United Methodist Church  
5835 Lyndale Avenue South  
Richfield MN 55419  
952-215-7052

## **Rosemont**

### **Tai Chi for Arthritis**

Rosemont Middle School  
[www.district196.org/ce](http://www.district196.org/ce)  
Rosemont MN 55068  
651-423-7920

## **Roseville**

### **Aquatic**

Fairview Community Center  
1910 Country Rd B West  
Roseville MN 55113  
651-604-3770

## **Saint Louis Park**

### **Aquatic**

Parkshore Senior Campus  
The Park Club  
3663 Park Center Blvd  
St Louis Park MN 55416  
952-925-6231

## **Saint Paul**

### **Exercise**

Arbor Pointe Senior Living Apartments  
635 Maryland Ave W  
St Paul MN 55117  
651-642-1127

### **Exercise**

Como By the Lake Apartments  
901 Como Blvd E  
St Paul MN 5510  
651-489-4067

### **Exercise**

Falcon Heights Town Square Apartments  
1530 Larpenteur Ave W  
Falcon Heights MN 55113  
651-642-1127 or 651-644-1889

### **Exercise**

Hamline United Methodist Church  
1514 Englewood Ave  
St Paul MN 55104  
651-209-6542

### **Exercise**

Keystone Community Center  
2000 St Anthony Ave  
St Paul MN 55104  
651-645-7424

### **Aquatic & Tai Chi for Arthritis**

#### **Midway Family YMCA**

1761 University Ave W  
St Paul MN 55104  
651-646-4557

### **Aquatic**

Shaller Family Shalom Home-East Campus  
David Feinberg Vitality & Aquatic Center  
740 Kay Ave  
St Paul MN 55102  
651-328-2051

### **Exercise**

St Anthony Park Public Library  
2245 Como Ave  
St Paul MN 55108  
651-642-9052

### **Aquatic**

St Paul Eastside YMCA  
875 Arcade St  
St Paul MN 55106  
651-771-8881

### **Aquatic**

St Paul Jewish Community Center  
1375 St Paul Ave  
St Paul MN 55116  
651-698-0751

### **Exercise**

West 7<sup>th</sup> Community Center  
265 Oneida St  
St Paul MN 55102  
651-298-5493 ext 205

# Arthritis Foundation Exercise Programs – Twin Cities

## **Shoreview**

### **Aquatic**

Shoreview YMCA  
3760 N Lexington Ave  
Shoreview MN 55126

## **Stillwater**

### **Aquatic**

Courage Kenny Rehabilitation Institute-St  
Croix  
1460 Curve Crest Blvd  
Stillwater MN 55082  
651-241-3820

### **Tai Chi for Arthritis**

Stillwater Medical Group Specialty Clinic  
1500 Curve Crest Blvd  
Stillwater MN 55082  
651-430-4510

## **Waconia**

### **Aquatic**

Safari Island Community Center  
1600 Community Dr  
Waconia MN 55387  
952-856-7720

## **White Bear Lake**

### **Aquatic & Tai Chi for Arthritis**

White Bear Area YMCA  
2100 Orchard Ln  
White Bear Lake MN 55110  
651-777-8103

## **Woodbury**

### **Aquatic & Tai Chi for Arthritis**

Woodbury YMCA  
2175 Radio Dr  
Woodbury MN 55125  
651-731-9507

### **Tai Chi for Arthritis**

Washington County Community Education  
[www.cecool.com](http://www.cecool.com)  
Locations vary, check on-line catalog

If you are interested in getting a joint-friendly class started in your community, contact:

Arthritis Foundation-Minnesota Office  
Programs Coordinator  
1876 Minnehaha Ave West  
St Paul MN 55014  
651-229-5382

**Note: Class locations/availability subject to change without notice. Call site for most current information.**