

COMMUNITY EDUCATION CLASSES

Class schedules vary so check for current offerings.

ANOKA-HENNEPIN DISTRICT #11 763-506-1260	CENTENNIAL SCHOOL DISTRICT #12 763-792-6100
COLUMBIA HEIGHTS DISTRICT #13 763-571-9202	ELK RIVER DISTRICT #728 763-241-3520
FOREST LAKE DISTRICT #831 651-982-8302	FRIDLEY DISTRICT #14 763-502-5100
SPRING LAKE PARK DISTRICT #16 763-600-5050	ST. FRANCIS DISTRICT #15 763-753-7190
WHITE BEAR LAKE DISTRICT #624 651-407-7501	



GET IN TOUCH

ACTIVE LIVING

RESOURCES IN ANOKA COUNTY

Making the Healthy Choice the Easy Choice



763-323-6097



Ship@co.anoka.mn.us



goanokacounty.org



**YOU DON'T
HAVE TO BE
GREAT TO
START BUT YOU
HAVE TO START
TO BE GREAT.**

GET STARTED

Tips for adults and families of active living. Visit goanokacounty.org for these links:

PRESIDENT'S COUNCIL ON FITNESS,
SPORT, AND NUTRITION
www.fitness.gov

LET'S MOVE!
www.letsmove.gov

HEALTH PLANS

Check with your health plan for additional services, such as fitness center discounts, participating in Silver Sneakers (ages 65+) or talking to a health coach. Services and fees vary by plan.



GOANOKACOUNTY.ORG

GET MOVING OUTDOORS

Find parks, trails, and more! Visit goanokacounty.org for these links:

GO ANOKA COUNTY
www.goanokacounty.org

ANOKA COUNTY PARKS & RECREATION
www.anokacountyparks.com

GET MOVING INDOORS

Stay active all year round!

YMCA

Financial assistance for reduced price membership is available for those who qualify.

Andover

763-230-9622

Chain of Lakes (Lino Lakes)

651-795-9622

Emma B. Howe (Coon Rapids)

763-785-7882

NORTH TOWN MALL - EARLY MORNING
MALL WALKING

Main entrances open daily at 7:00 am
for walkers.