

Arthritis Foundation Exercise Classes in SE MN

These are free senior exercise classes open to anyone 60+ looking for an exercise program to improve their strength, balance, flexibility, and arthritis symptoms.

Check out a class near you! Registration is not required.

Community	Address	Class Details
Austin	Mower County Senior Center- 400 3 rd Ave. NE	Monday/Wednesday 10:15-11 AM
Caledonia	Claddagh Senior Living 508 Kruckow Ave	Wednesday/Friday 9:30-10:30 AM
Harmony	Harmony Community Center- 225 3 rd Ave SW	Tuesday/Thursday 8:15-9 AM
Kasson	St. John's Lutheran Church- 301 8 th Ave NW	Monday/Friday 10:15-11:00 AM
Lake City	Lake Pepin Plaza 211 Franklin	Monday/Wednesday 10:00-10:45 AM
Plainview	Plainview American Legion- 215 3 rd St. SW	Tuesday/Thursday 9:15-10 AM
Preston	Christ Lutheran Church 509 Kansas St. NW	Tuesday/Thursday 11:30 AM-12:15 PM
Rochester	Bethel Lutheran Church 810 3 rd Ave SE	Tuesday/Thursday 9:00-9:45 AM
Spring Valley	Spring Valley Community Center 200 S Broadway	Tuesday/Thursday 10:00-10:45 AM
Zumbrota	Zumbrota Tower 93 4 th St. East	Tuesday/Thursday 9:30-10:15
Owatonna	Owatonna Social Commons 500 Dunnell Dr.	Monday/Wednesday 10:15-11

Classes coordinated and managed by Catholic Charities and funded through a Title IID OAA grant through the SE MN Area Agency on Aging.