

PHYSICAL ACTIVITY RESOURCE LIST

For Douglas County



Check out the many opportunities for physical activity in Douglas County, Minnesota

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The hours of operation, amenities available, fees or cost of programs/services, and age ranges for participation may vary from what is listed. Please contact each resource to confirm service or program details.

If you have a resource to add please send the name, physical address, website, and phone number with a brief description to: sophiag@horizonphmn.gov

This Resource is created by the Statewide Health Improvement Partnership Team at Horizon Public Health. The Statewide Health Improvement Partnership (SHIP) supports community-driven solutions to expand opportunities for active living, healthy eating, mental well-being, and commercial tobacco-free living.



City Parks & Public Beaches

Alexandria City Park: 130 City Park Rd, Alexandria

- Swimming beach, playground, restrooms, picnic area, grills, fishing pier, pickleball, baseball field (connects to Central Lakes Trail)

Big Ole Central Park: 200 Broadway, Alexandria

- Trails, seasonal farmers market, etc.

Brandon Playground/Park: 401 5th St. Brandon

- Playground

Fillmore Park: 1510 Fillmore Street, Alexandria

- Playground, baseball field, skateboard park, shelter

Inspiration Peak: Inspiration Peak Leaf Mountain Township, MN

- .25 mile hike to summit raising 400 feet above countryside, picnic area and restrooms

Knute Nelson Ball Park: 305 5th Ave West, Alexandria, MN

- Baseball field

Lake Latoka Public Beach: 2700-2898 Latoka Beach Rd NW, Alexandria,

- Public beach

Le Homme Dieu Beach: 2531-2641 MN-29, Alexandria

- Public beach (see County Parks page)

Noonan Park: Nokomis St & 10th Ave E Alexandria

- Walking paths, picnic tables, grills, basketball court, ice rinks, warming house, etc.

Osakis City Beach: 1201 Lake St E, Osakis

- Public beach, sand volleyball

Park Osagi: MN-27, Osakis, MN

- Shelters, picnic tables, playground, basketball court

The Bill Sliper Lions Park: 1st Avenue East &, MN-27, Osakis

- Shelter, sand volleyball court

Veteran's Memorial Park: 802 Broadway Street, Alexandria

- Outdoor basketball courts



Additional Alexandria City Parks and Information: <https://alexandriamn.city/city-parks-trails/>

Additional Osakis City Parks and Information: <https://cityofosakis.com/resources/parks/>

Trails

Central Lakes Trail: 200 Broadway Street, Alexandria MN

- 55 mile long paved trail from Fergus Falls to Osakis (connects to Lake Wobegon Trail)
- Trail Access Points: Fergus Falls Central Lakes Trailhead on Hwy 210, Fergus Falls Delagoon City Park, Dalton, Ashby, Evansville, Brandon, Garfield, Lake Brophy Park, Alexandria Big Ole Park, Nelson, and the downtown Osakis Trailhead

Lake Wobegon Trail: 11 West Main St., Osakis Alexandria MN

- 62 mile long paved trail from Osakis to Waite Park (connects to Central Lakes Trail)
- Trail Access Points: Osakis (trailhead), West Union, Sauk Centre, Melrose, Freeport, Albany, Avon, St. Joseph, and Waite Park

Additional Trails Information: Douglas Area Trails Association:
<https://douglasareatrails.com/trail-map>



State Parks

Lake Carlos State Park: 2601 County Rd 38 NE, Carlos, MN 56319

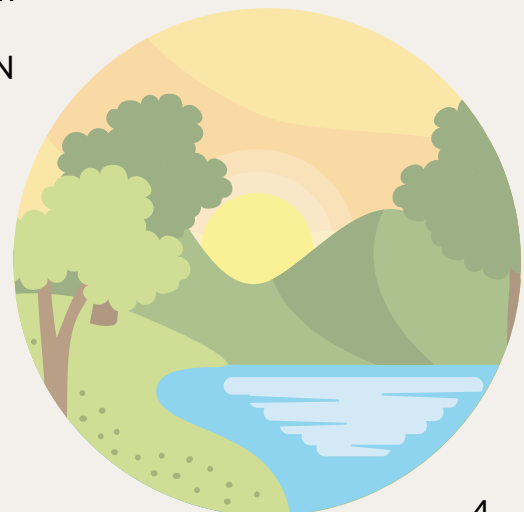
- Camping, fishing, trails, swimming beach, water recreation

Glacial Lakes State Park: 25022 County Road 41, Starbuck, MN

- Camping, fishing, trails, equipment rentals

Additional State Park Information:

https://www.dnr.state.mn.us/state_parks/index.html



County Parks

Chippewa Park: 9461 County Rd 108 NW, Brandon, MN 56315

Curtis A. Felt Park: 2460 Parkside, Alexandria, MN 56308

Kensington Rune Stone Park: 8965 County Rd 103 SW, Kensington, MN 56343

Lake Brophy Park: 2175 Brophy Landing NW, Alexandria, MN 56308

Lake Brophy Wayside: 4172 County Hwy 82, Alexandria, MN 56308

Le Homme Dieu Beach: 2531-2641 MN-29, Alexandria, MN 56308

Spruce Hill Park: 13148 Spruce Hill Park Rd NE, Miliona, MN 56354

Additional County Park Information: <https://www.douglascountymn.gov/parks>

Park Amenities Grid							
Options Available	Kensington Rune Stone Park	Spruce Hill Park	Lake Brophy Wayside	Chippewa Park	Curtis A. Felt Park	Le Homme Dieu Beach	Lake Brophy Park
Acreage	380	87	7.3	34	6	3.8	142
Camping				X			
Charcoal Grills	X	X	X	X	X		
DATA Snowmobile Trail	X	X				X	X
Drinking Water	X	X	X	X	X		
Electricity	X	X		X	X		
Fat Bike tire area	X	X					
Heated Building	X						
Hiking	X	X		X			X
Historic Display	X		X		X		
Horseshoe Court	X			X			
Lakeshore	X	X	X	X		X	X
Mnt Biking	X	X					X
Picnic Shelters	X	X	X	X	X		
Picnic Tables	X	X	X	X	X	X	
Playground	X		X	X	X		
Rest Rooms	X	X	X	X	X	X	
Sledding Hill	X						X
Softball Field		X			X		
Volleyball Court	X				X	X	
X-C Skiing	X	X					
Swimming				X		X	X
On Bike Trail						X	X
Fishing			X	X		X	X
Dogs on Leash	X	X	X	X	X	X	X



Community Recreation & Schools

Alexandria Community Education

1410 South McKay Avenue, Alexandria, MN

320-762-3310 | <https://www.alexschools.org/domain/36>

- Adult, youth and family recreation and enrichment program opportunities.
- Outdoor Gear Library - Outdoor gear is available for rent, including: kayaks, aqua mats, camping, hiking, bikes, yard games, hunting, snow gear and more! Visit their website for more information. <https://www.alexschools.org/domain/964>

Alexandria Martial Arts & Movement

415 Filmore Street, Alexandria

320-219-6777 | <https://alexmartialarts.com>

- Martial arts, empower boxing, and self defense programming

Alexandria Public Schools Facilities:

320-762-2141 | <https://www.alexschools.org/Page/6871>

School buildings/playgrounds/open gyms/pool/tennis courts/outdoor fields/nature trails/etc. Visit website for more information.

- Alexandria Area High School - 4300 Pioneer Rd SE, Alexandria
- Carlos Elementary School - 20 N Douglas Ave, Carlos
- Discovery Middle School - 510 McKay Ave N, Alexandria
- Early Education Center - 1410 South McKay Ave. Suite 102
- Garfield Elementary School - 303 Sanstead St E, Garfield
- Lincoln Elementary School - 1120 Lark St, Alexandria
- Miltona Elementary School - 271 Dale Ave, Miltona
- Voyager Elementary School - 203 County Rd 44, Alexandria
- Woodland Elementary School - 1410 S McKay Ave, Alexandria



Alexandria Senior Center

414 Hawthorne St., Alexandria, MN 56308

320-762-2087 | www.alexsrctr.org

Andes Tower Hills

4505 Andes Rd SW, Kensington, MN

320-965-2455 | <https://www.andestowerhills.com/>

- Ski resort with 16 downhill runs and lifts ranging from beginner to expert. Groomed cross country trails offering rentals and lessons. (Snowboarding, skiing, cross country skiing, tubing and snowshoeing)

Blind Squirrel Pickleball Club, LLC

2310 Hwy 29 S, Alexandria, MN 56308

www.facebook.com/blindsquirrelpickleball/

Community Recreation & Schools Continued

Brandon Evansville Public Schools Facilities

320-834-4084 | <https://www.b-e.k12.mn.us/>

School buildings/playgrounds/fields/open gyms/etc. Visit website for more information.

- B-E Elementary Brandon Campus Pre K-1 - 206 West Third St, Brandon
- B-E Elementary Evansville Campus 2-5 - 123 2nd Ave, Evansville
- B-E Middle and High School Brandon Campus - 206 West Third St, Brandon
- Recreational Programs: <https://www.b-e.k12.mn.us/page/b-e-summer-rec>

Connected Communities

320-421-0242 | www.knutenelson.org/connected-communities-population-health-mn

Older adults who are referred to Connected Communities have access to the following services:

- Telehealth tablet - Device to assess vitals (weight, BP, pulse, O2 sats, blood glucose)
 - Engagement options with potential to include online wellness resources, including access to virtual evidence-based exercise and wellness programs
- Resource Navigation, Care Management, Personal Emergency Response Systems

Dancin' Off Broadway

422 Broadway Street, Alexandria

320-763-7980 | <https://dancinoffbroadway.com/>

- Dance classes and programs

Golf Courses

Courses and information can be found here: <https://explorealex.com/chain-of-links/>

- Courses Include: Alexandria Golf Club, Atikwa Golf Course, Double Eagle Golf & Grille, Geneva Golf Club, Hardwood Hills Golf Course, Lake Miliona Golf Club, Minnewaska Golf Club, Nordic Trails Golf Course, and Osakis Country Club

Just For Kix

503 Hawthorne Street, Alexandria

320-491-6996 | <https://www.justforkix.com/danceclasses/alexandria-mn/>

- Dance classes and programs

NorthStar Sports Complex

3870 Pioneer Road SE Alexandria, MN 56308

320-219-6489 | <https://www.northstarsportscomplex.com/>

- Indoor turf space, ice rink, space rentals, open gym times, etc.

Osakis Public School Facilities

320-859-2191 | <https://www.osakis.k12.mn.us/>

School building/playgrounds/open gyms/outdoor fields/tennis courts/etc.

Visit website for more information.

- Elementary and High School - 500 1st Ave E, Osakis
- Recreational programs can be found at:
<https://osakis.cr3.rschooldtoday.com/public/home/#>



Community Recreation & Schools Continued

Runestone Community Center

802 3rd Ave W, Alexandria, MN 56308

320-763-4466 | <https://alexandriamn.city/city-department/runestone-community-center/>

- Ice rink and dry floor space, open skate times, rentals

Shenanigans

1410 S McKay Ave, Alexandria, MN 56308

320-762-3310 | <https://www.alexschools.org/domain/900>

- Indoor Playground

Swedberg Golf Academy

4192 Geneva Golf Club Dr, Alexandria, MN 56308

320-219-7677 | swedberggolf.com

Vikingland Curling Club

1118 Broadway St, Alexandria, MN 56308

Viking Plaza Mall

3015 Highway 29 S, Alexandria, MN 56308

320-763-9570 | <https://vikingplaza.com/about/>

- Mall Walking Hours: Mon-Fri 9am-7pm, Sat 9am-6pm, Sun 11am-5pm (hours may vary)

Alexandria Area Soccer Association: <https://www.alexandriasoccer.org/>

Alexandria Area Hockey: <http://www.alexhockey.org/>

Alexandria Area Tennis Association: <https://playtennis.usta.com/alexandriaareatennis>

Alexandria Area Volleyball Club: <https://www.alexvolleyballclub.org/>

Alexandria Elementary Wrestling: <http://www.alexwrestling.com/>

Alexandria Figure Skating: <http://www.alexandriafigureskating.org/>

Alexandria Swim Club: <https://www.teamunify.com/team/mnasc/page/home>

Alexandria Youth Baseball Association: <https://www.alex youthbaseball.com/>

Alexandria Youth Basketball Club: <https://www.alexbball.com/>

Viking Curling: <http://www.vikinglandcurling.org/>



Fitness & Wellness Facilities

Alexandria Area Gymnastics

510 McKay Ave North Alexandria, MN 56308

320-762-3310 | <https://www.alexschools.org/domain/901>

- Programming and Open Gym times vary throughout the year

Alexandria Area YMCA

110 Karl Drive, Alexandria, MN 56308

320-834-9622 | Alexandriaymca.com

Free - Evidence Based Physical Activity Program Options:

- Blood Pressure Self-Monitoring Program – FREE Evidence based program designed to help adults with hypertension lower and manage their blood pressure. The four-month program focuses on regular home self-monitoring of one's blood pressure using proper measuring techniques, one-on-one consultations with a trained Healthy Heart Ambassador, individualized support and group-based nutrition education for better blood pressure management.
- Enhance Fitness – FREE Evidence based physical activity program for individuals with arthritis or other chronic health conditions

Building Amenities:

- Pool, whirlpool, gymnasium, group fitness, cardio and strength equipment, personal training/coaching, etc.

Anytime Fitness

301 30th Ave W, Alexandria, MN 56308

320-763-8989 | [https://www.anytimefitness.com/gyms/702/alexandria-mn-56308/?](https://www.anytimefitness.com/gyms/702/alexandria-mn-56308/?utm_source=google&utm_medium=local-maps&utm_campaign=gbp-listing&utm_content=702)

[utm_source=google&utm_medium=local-maps&utm_campaign=gbp-listing&utm_content=702](https://www.anytimefitness.com/gyms/702/alexandria-mn-56308/?utm_source=google&utm_medium=local-maps&utm_campaign=gbp-listing&utm_content=702)

- 24/7 access fitness facility (cardio, strength, functional training equipment, personal training/coaching, classes, etc)

Club Galeon

410 W Main St, Osakis

320-859-2142 | https://www.galeonmn.com/pages/club_galeon.php

- Adult wellness facility in Galeon for ages 50+ (cardio and strength equipment, classes, warm water pool, whirlpool, etc)

Crossfit Allectus

1210 Broadway St #60, Alexandria

320-305-4799 | <https://www.crossfitallectus.com>

- Cross fit classes, personal coaching, etc.

Curves

901 MN-29, Alexandria, MN 56308

320-759-1887 | <https://www.curves.com>

- Women's fitness facility (cardio, strength, personal training/coaching, classes, etc)

Cutting Edge Pilates

112 6th Ave E, Alexandria, MN 56308

320-808-0062 | www.cuttingedgealex.com

- Pilates classes (group or individual)



Fitness & Wellness Facilities

Continued

Noonan Sport Specialists

503 Hawthorne St #145, Alexandria, MN 56308
320-808-9632 | <https://www.alexns.com/>

- Semi-private personal training, athlete enhancement, online coaching

Nordic Warriors Boxing Academy

124 7th Ave W, Alexandria
320-219-7990 | <https://nordicwarriorsboxing.com>

- Youth and adult boxing classes, open gym access, etc.

Snap Fitness Alexandria

619 3rd Ave E Suite 102 Alexandria, MN 56308
320-762-8879 | https://www.snapfitness.com/us/gyms/alexandria-mn?utm_source=gmb&utm_medium=yext

- 24/7 access fitness facility (cardio, strength, functional training equipment, personal training/coaching, classes, etc)

The Henn House

1005 3rd Ave E Suite D, Alexandria, MN 56308
484-794-0654 | <https://hennhouseperformance.com/>

- 24/7 facility access, fitness classes, sports performance training, etc

Vital Fit Club

112 6th Ave E, Alexandria, MN 56308
320-762-0442 | <https://vitalfitclub.com/>

- 24/7 access fitness facility (cardio, strength, functional training equipment, personal training/coaching, classes, racquetball, etc)

Vivie Wellness Center

4403 Pioneer Rd, Alexandria, MN 56308
320-335-8745 | <https://www.vivie.org/>

- Fitness facility in Grand Arbor by Vivie for ages 45+ (or who have special conditions) and includes: cardio and strength equipment designed for older adults, classroom studio spaces, warm water pool and whirlpool with ramp access, group classes, and personal trainers

