

Fit & Strong! Program Sites

Faribault (morning)

- Location: Milestone Senior Living 2500 14th St. NE Fairbault MN, 55021
- Dates: Tues/Thurs 9:00-10:30 January 3rd - March 28th

Faribault (evening)

- Location: same as Fairbault morning class
- Dates: Tues/Thurs 5:30- 7:00pm April 4th- June 27th

Kenyon

- Location: St. Michael's Church 404 Gunderson Blvd. Kenyon MN, 55946
- Dates: Tues/Thurs 9:30-11:00 January 10th- April 4th

Northfield

- Location: St. John's Lutheran 500 3rd St. W. Northfield, MN 55057
- Dates: Tues/Fri 8:30-10:00 January 24th- April 18th

Rochester

- Location: Rochester Public Library 101 2nd St. SE. Rochester MN, 55904
- Dates: Tues/Thurs 4:15-5:45 February 7th- April 27th

Winona

- Location: First Free Church 1213 Gillmore Ave. Winona MN 55987
- Dates: TBD

Lake City

- Location: St. Mary's Catholic Church 419 W Lyon Ave. Lake City MN, 55041
- Dates: Tues/Thurs 10:30-12:00 January 31st- April 13th

St. Charles

- Location: St. Charles Community Center 830 Whitewater Ave. St. Charles MN, 55092
- Dates: Tuesdays 9:00-10:30 and Thursdays 4:00-5:30 January 31st- April 20th

For more information, contact Mariah Mariano at 507-450-1091 or mmariano@ccwinona.org