

New Years Resolution Tour

Exercising is one of the most popular New Year's resolutions and just because it's wintertime doesn't mean you can't do it! Exercise will help you counteract holiday weight gain, as well as improve your health. Setting reasonable goals and staying focused are the two most important factors in sticking with a weight loss program, and the key to success for those millions of Americans who made a New Year's commitment to shed extra pounds. The Brainerd Lakes Area offers many work-out spots for you to take advantage of. Find the gym located closest to you and start shedding those extra pounds.

Snap Fitness

1313 S 6th Street, Brainerd, MN 56401
(218) 825-8100
Hours of Operation: 24/7

Snap Fitness - Pequot Lakes

31108 Government Drive, Ste 108, Pequot Lakes, MN 56472
(218) 568-5999
Hours of Operation:
Twenty-four hours per day, seven days per week.

Anytime Fitness - East Brainerd

411 8th Avenue NE, Brainerd, MN 56401
(218) 828-0909
Hours of Operation: 24/7

Anytime Fitness - Crosslake

PO Box 544, Crosslake, MN 56442
(218) 692-1111
Hours of Operation: 24 hours

Fit Quest Athletic Club

15840 Audubon Way, Baxter, MN 56425
(218) 829-6453
Monday - Thursday 5 a.m. - 9 p.m., Friday 5 a.m. - 8 p.m., Saturday 8 a.m. - 5 p.m., and Sunday 10 a.m. - 4 p.m.
Close at 2 p.m. on Sat and Sun May - September.

USA Karate specializes in helping people like you develop healthier minds and bodies, and to feel more secure through quality and comprehensive professional karate instruction. The faculty is highly trained in the martial arts and has the ability to effectively communicate their knowledge and understanding to students of all ages.

USA Karate programs are designed with you in mind. They pride themselves in the complete personal development of each student in addition to improving your personal defense skills. Classes are beginning every week for students age 4-5 years old and above. They also have separate adult classes and family classes where parents can train with their children.

USA Karate

34330 County Road 3, Crosslake, MN 56442
(218) 692-3415
Hours of Operation:
Monday - Friday, 4 - 9 p.m.; Saturday, 9 a.m. - 1 p.m.

Tired of hauling your recreational equipment up to the cabin or resort? Looking for fun and adventure to share with family and friends who are visiting? Or quiet solitude? Cycle Path & Paddle can get rid of the hassle factor and provide you with outdoor "silent sports" equipment which we will deliver right to your door! Plan a group outing on the Cuyuna Lakes or Paul Bunyan Trail and we will shuttle you and the equipment to and from your destination. There are many wonderful cross country ski trails and areas to

snowshoe. Sales and rentals are available for all seasons. Hourly, daily, weekend and full week rentals of Cross-country skis, snowshoes, snowboards and more! They offer group tours and a shuttle service with their 8 and 15-passenger vans too!

Cycle Path and Paddle

115 3rd Avenue SW, Crosby, MN 56441
218-545-4545

Hours of Operation:

*Hours vary slightly at the two stores. Please check our website for hours of operation or give us a call:
Crosby store is 218-545-4545 and Pequot Lakes store is 218-568-5968.*

If you're tired of the treadmill and looking for a fun way to stay fit and healthy, it might be time to kick up your heels! These dancing alternatives make learning partnership/ballroom dancing fun and easy for everybody in the Brainerd/Baxter, and surrounding areas. Dancing is the same workout as it would be if they were taking an aerobics class. But unlike running or other forms of aerobics, dancers can workout at their own pace and can avoid pounding on their joints, depending on what dances they do. Plus, there's the enjoyment factor. Dancing increases your sense of balance, muscle tone, and stamina. By the time you get finished with a three- or four-hour waltz, you've traveled quite a distance. Whether its ballet or ballroom, clogging or jazz, dance is great for helping people of all ages and physical abilities get and stay in shape. A 150-pound adult can burn about 150 calories doing 30 minutes of moderate social dancing. On a more physical level, dancing can give you a great mind-body workout. Researchers are learning that regular physical activity in general can help keep your body, including your brain, healthy as you age. Exercise increases the level of brain chemicals that encourage nerve cells to grow. And dancing that requires you to remember dance steps and sequences boosts brain power by improving memory skills.

That Dancer's Place

810 NW 7th Street, Ste B, Brainerd, MN 56401
(218) 824-DANCE

Hours of Operation:

Monday - Friday 1 p.m. - 10 p.m., and by appointment.

Just For Kix

7842 College Road, Baxter, MN 56425
(218) 829-7107

Music General, Inc.

416 S 7th Street, Brainerd, MN 56401
(218) 829-0076 · (888) 829-0076

Hours of Operation:

*9 a.m. - 7 p.m. Monday - Friday
9 a.m. - 3 p.m. Saturday*

Let's not forget about the YMCA. They offer many different types of exercise classes sure to please anyone's schedule. They have an aquatic center with water slide, fitness studio, teen center, racquetball court, licensed childcare, lap pool, weight room, wellness center, babysitting services, and gym. Day passes are available.

Their fabulous new air conditioned studio includes a beautiful neo-shock absorption maple floor, top of the line sound system, mirrored walls, ballet barres as well as a variety of fitness equipment!! Each class promotes cardio endurance, strength and flexibility. Let their certified fitness instructors help you get fit in a fun, safe and motivating environment. Required: Indoor only aerobic shoes, proper work out attire and a little motivation! All fitness levels welcome!! Stop by the front desk to pick up a current class schedule.

Deep Water Aquacise

This is a deep water class in which all participants wear a buoyancy belt provided by the YMCA. The water's resistance provides a great non-impact workout for all fitness levels.

Active Adult Aquacise

This class provides a total body workout using the resistance of the water in the shallow end of the pool.

Support of the water allows little strain or jarring of the joints. Benefits include cardiovascular endurance, muscle strengthening and flexibility. No swimming skills necessary.

Aqua Combo

A combination of deep (with flotation devices) and shallow water exercises for a total body workout.

If you're asking yourself, "Where do I start? How do I begin?" this is a program for you! Certified personal training offers in-depth education and motivation needed to guide you toward life long fitness goals. This program offers one-on-one personalized instruction. Each session is specifically targeted for your fitness needs. The one-hour sessions are scheduled at your convenience. Call the Y for more information or to set up an appointment with one of our certified personal trainers.

Brainerd Family YMCA

602 Oak Street, Brainerd, MN 56401

(218) 829-4767

Hours of Operation:

Winter: M - F 5:45 a.m. - 9:45 p.m.; Sat. 8 a.m. - 6 p.m., Sun. 1 p.m. - 6 p.m.

Summer: M - F 5:45 a.m. - 9 p.m., Sat. 8 a.m. - 5 p.m., Sun. closed.