

**South Heartland District Health Department
Community Resource Guide**

(Last updated May 2018)

Nutrition and Fitness

UNL Extension Services

Adams County:

515 West 3rd St.

Hastings, NE 68901

(402) 461-7209

Email: Adams-County@unl.edu

Clay County:

111 West Fairfield

Clay Center, NE 68933

(402) 762-3644

Email: Clay-County@unl.edu

Nuckolls County:

825 S. Main

Nelson, NE 68961

(402) 225-2381

Email: Nuckolls-County@unl.edu

Webster County:

621 North Cedar

Red Cloud, NE 68970

(402) 746-3417

Email: Webster-County@unl.edu

- Education programs for nutrition and health

YMCA

1430 West 16th Street

1220 West 18th Street

Hastings, NE 68901

(402) 463-3139 – (402) 462-6220

- Health and recreation for all ages

YWCA

2525 W. 2nd St. Suite #110

Hastings, NE 68901

(402) 462-8821

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Crossfit Ground Up

3001 W. 12th St.

Hastings, Ne. 68901

402-834-0440

crossfitgroundup@gmail.com

- No contracts
- Membership is billed on a recurring monthly basis
- Personal training is available
- Mary Lanning employees receive preferred memberships
- 10% discount o Military, Police, Firefighters, Teachers, And Nurses
- Youth rates are available.

Beauty and the Beast

2525 W. 2nd St.

Hastings, Ne. 68901

402-519-3080

- Gym open 24 hrs
- Call for more information

Funtime Fitness 24/7 Women's Fitness Studio

827 W. 1st. St.

Hastings, Ne. 68901

402-463-0217

fun@funtimefit.com

- 24 hr fitness studio for women 18+
- Every fitness level is welcome
- Non-intimidating setting.

Avani Day Spa & Yoga Studio

601 W. 2nd St. Ste. 101

Hastings, Ne. 68901

402-469-9786

- Provide an array of yoga classes throughout the week.
- Bring your own mat and water bottle
- Call for prices
- Your first class is free.

Curves

714 W. 5th St. Ste. 102

Hastings, Ne. 68901

402-460-6122

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Hastings Adventure Boot Camp/Fit 4U

505 North. STE #209

Hastings, Ne. 68901

402-984-0821