



507-526-3376 PO Box 38 • Blue Earth, MN 56013 Located at the Faribault County Fairgrounds  
E-Mail: [fitness@bevcomm.net](mailto:fitness@bevcomm.net)



Mornings (Silver Sneakers/Silver&Fit)

Mondays & Wednesdays at 10:00 a.m. on going

Cost: Free Silver Sneaker/Fit Members

\$20 Fitness Center Members a month

\$35 Non Fitness Center Members a month

Instructor: Michelle Hall

No Class July 24th



### Movements of Grace: Yoga

Yoga focuses on stillness. Each posture is held for several seconds or minutes, allowing the body to fill with positive energy between each movement. Yoga use controlled breathing and meditation to enhance the practice. All age groups can benefit from Yoga.

When: Tue and Thurs @ 12:05-12:50 PM

Session I June 4<sup>th</sup> -11<sup>th</sup> no class on Jul 4<sup>th</sup>

Session II July 16<sup>th</sup> -Aug 22<sup>nd</sup> no classes fair week 7 23 & 25<sup>th</sup>

Cost: \$35 for members or \$40 non-members per session