



Phone # (507) 526-3376 Located on the Fairgrounds in Blue Earth.
 Fairbault County Fitness Center, P.O. Box 38,
 Blue Earth, MN 56013
 E-mail Address fitness@bevcomm.net or
 "Like Us" on Face book

Activities



TRX Suspension Training is a revolutionary total-body fitness program that uses gravity against the individual's own body weight to simultaneously develop strength, balance, flexibility and core stability. The TRX® device is attached to an anchor point. Each participant then grabs the handles with their hands or attaches their feet in the foot cradles. One simply changes the angle of their body from the ground for the different exercises. Having the ability to change the body's angle allows one to work with more or less body weight which can intensify or modify a specific exercise.

When: 12:05-12:40 Mon & Wed (Maximum Class size 7)
 Session I Oct 7th-30th
 Cost: \$35 Members /\$45 Non-Members per session
 Instructor: Michelle Hall



"Movements of Grace" Yoga

Yoga is a mindfulness practice that uses breathing and stretching to create balance in mind, body and spirit. It is an invitation to transformation. Some of the benefits you might experience are greater body awareness, improved balance, increased flexibility, strength, and better posture.

When: Tue and Thurs @ **12:05-12:50 PM**
 Session I Sept 3rd-26th
 Session II Oct 1st-24th
 Session III Nov 5th-26th
 Session IV Dec 3rd-19th (3 weeks \$30 only.)
Or Tue and Thurs @ **5:15-6 PM**
 Session I Oct 1st-24th
 Session II Nov 5th 26th
 Session III Dec 3rd-19th (3 week \$30 only.)

Cost: \$40 Members/\$45.00 Non-Members per session
 Instructor: Mary Franta



Gentle Yoga

This class is appropriate for those who want a slow-paced and well supported yoga practice. Chair yoga is a modified way of approaching the yoga poses so that you can bend and twist with a stable base, lift your lower body by using support, and create strength, and flexibility while using a prop. In this class we will be combining chair yoga and some gentle movements on the mat.

When: Thursdays @ 1:00 PM
 Session I Oct 3-24th
 Session II Nov 7-21st
 Session III Dec 5-19th only 3 weeks
 Cost: Free to Silver&Fit Members /\$20.00 Members/\$30.00 Non-Members per session
 Instructor: Mary Franta



SPINNING

Indoor cycling classes are done in a fitness studio, with various light and music settings to create an energized atmosphere. Do you want to train like an athlete, ride like a racer, and find your inner competitor? Jump on a bike and ride to the driving beats that will improve your cardio endurance and muscular strength. This low impact/high intensity workout will leave you drenched in sweat, yet inspired to come back for more! All you'll need is workout clothes, a towel (to wipe your face) and a water bottle.

When: Mon & Wed 12:05-12:45 Nov 4-27th
 Cost: \$30 or \$40 non members
 Instructor: Michelle Hall



NEW

The BOOM series offers three distinct, 30-40 minute group exercise classes designed for Baby Boomers and active older adults looking to take their fitness to the next level. Classes include: **Mind** an empowering class that combines, Pilates and stretching. **Muscle** A unique blend of cardio and strength-based athletic exercises. **Move** A dance workout class that improves cardio endurance. This class is a SilverSneakers Fitness Program.

When: Fridays @10:00 Oct 11th -Nov 15th
 Cost: Free for SilverSneaker members or \$25.
 Instructor: Michelle Hall



Join one of the nation's leading exercise programs designed exclusively for older adults, the **SilverSneakers® Fitness Program**, available to members of participating Medicare health plans. Call or stop by a convenient participating location today to find out if you are eligible for this exciting program.
 When: Ongoing Mon and Wednesdays @ 10:00 AM
 Cost: Free for Silver Sneakers & Silver&Fit Members/ \$35.00 a month for Non-Members
 Instructor: Michelle Hall



Cardio and Strength Mash Up

Description: Never get bored with your workout! Confuse your muscles, and get results by mixing up your workout each week. Strength and cardio intervals, free weights, exercise bar, each week a new and fun workout!

When: Tue @ 4:30-5:15 PM
 Session I Oct 8th-31st
 Session II Nov 5th-26th
 Mini Session Dec 3rd-17th \$25 for mini only
 Or
 Sat @ 8:00AM
 Session I Oct 5th-26th
 Session II Nov 2nd-23rd

Cost: \$35 per session
 Do both and save \$10 Tue and Sat for \$60 a session. (month)
 Instructor: Elizabeth Stallman



Cardio Kickboxing is back!



This group fitness class combines martial arts techniques with fast-paced cardio. This high-energy workout challenges the beginner and elite athlete alike. Build stamina, improve coordination and flexibility, and burn calories as you build lean muscle with this fun and challenging workout.

When: Mon & Wed 5:15-6 PM
 Session I Oct 7th-30th
 Session II Nov 4th-25th

Cost: \$60 a session
 Instructor: Shannon Ledin Group Trainer



NEW Total Barre



High-energy and dynamic! Total Barre integrates elements of Pilates, dance, cardio, and strength training to create programming that is fully expandable and adaptable to any client base. Total Barre is the safest and most impactful barre program available, and no dance experience required.

When: Mon & Wed 6:15-7 PM
 Session I Oct 7-30th
 Session II Dec 2-23rd **NOTE this session is @5:15.**

Cost: \$60 a session
 Instructor: Shannon Ledin Group Trainer



NEW Hit it with Yoga



High intensity interval training (HIT) is fun, effective, and challenging for all. Yoga is the practice of poses that combines deep, meditative breathing with slow strengthening movements which is incredibly healthy for your mind, body, and spirit. Fusing these two different formats together is clearly "win-Win" approach for successful cardiovascular exercise improvement and overall performance thus, we have 'HIT it with Yoga'.

When: Mon & Wed 6:15-7 PM Nov 4th-25th
 Cost: \$60 a session
 Instructor: Shannon Ledin Group Trainer



Pickle ball you ask? A Game for Everyone

Many kids and teenagers play it in physical education classes in middle and high schools. Seniors enjoy the social aspects and the ability to stay active in towns and retirement communities. It's **OVERSIZED ping pong!** Played on a **badminton** sized court with a **tennis** sized net. Just use a paddle to keep a plastic ball going back and forth over a net until somebody messes up.

Call 526-3376 to sign-up for lessons and doubles league.

OR

Walk-in play times are Mon- Fri 7:30-10:00 AM
 & Thursday 6:30 PM
 Free with your membership.



WALLYBALL LEAGUE AT THE FARIBAULT COUNTY FITNESS CENTER

WEDNESDAY NIGHT LEAGUE

When: STARTS Nov. 6th
 WITH ROTATION OF PLAY TIMES OF 6, 7, 8 OR 9:00 PM
 3 PERSON TEAMS

Cost: \$45.00 Non-Member or free with Membership



Body Bar



Body Bar is a dynamic **Body Bar** workout to build fitness skills. It uses unique exercises to develop power, endurance, strength, and **body** awareness in an easily-followed interval training format. Duration: 45 minutes.

When: Mon & Weds @ Noon Dec. 2-18th (3 Weeks)
 Cost: \$25 Member \$35 non-member
 Instructor: Michelle Hall



Frestyl Basic Pole Fitness

For beginners and first-timers! Master basic floor work, basic spins, and prepare to climb and invert on the pole! Build on your strengths as you learn new skills each week. A fun and relaxing introduction to pole fitness! No dance or fitness background needed. Wear or bring comfortable, layered clothing & enjoy the body you're in right now, today!

Session I Tues 6:30-7:45pm Sept 3 – Oct 8

Session II Tues 6:30-7:45pm Nov 5 - Dec 10

Cost: \$125 for six weeks

If Sick, missed classes can be made up Tuesdays 6:30pm in Blue Earth (or in any location) prior to the start of the next session. (We don't want anyone motivated to come to the gym when they're ill.)

To Sign-up for pole you must call 507-351-7805 or on line www.FrestylFitness.com

Open House Monday, Oct 14th 2019

Open House, Treats, and Door Prizes.

Tour the Fitness Center

Try our classes for FREE

7:30-9:30 Pickle Ball Demonstration

10:00 SilverSneaker Class Michelle Hall

Noon Yoga Class, Mary Franta

Noon TRX (Suspension Training) Michelle Hall

1:00 Gentle Yoga, Mary Franta

4:30 Cardio/Strength Mash-Up, Elizabeth Stallman

5:15 Cardio Kickboxing, Shannon Ledin

6:15 Total Barre (Dance, Pilates, & Strength.)

Shannon Ledin

WEIGHT LOSS CHALLENGE

Get your 4 member team together for a 7 week weight challenge.

When: Oct 7th -Nov 22nd

Cost: Your weight, = one penny a pound. (The winner team will win the all the entry fees, plus other prizes. So the more teams the more your team will win.) You can have more than one team form a business, etc.

Call the Fitness Center for team forms, Charts, the rules. 526-3376

When you're trying to lose weight, dodging the break room doughnut tray, your office mate's candy bowl or the vending machine makes sticking to your diet that much harder. Encouraging your workplace to join you, though, just might make some of those temptations disappear. People may not bring in the treats -- or at least you'll have new resolve to avoid them. When others in your office are depending on you to lose weight, or you know they'll beat you if you don't, your incentive to stick to your diet intensifies. Set up an office weight-loss challenge to create healthy competition and camaraderie. One person might win, but everyone benefits from getting healthy.

Why Hold a Workplace Weight-Loss Challenge (Four member team, you can have more than one team per work place.)

The idea of a challenge may be influenced by weight-loss reality shows, but a group environment makes weight loss more attainable and desirable to average participants. A study published in a 2012 issue of Obesity found that when people are supported and inspired, such as by co-workers, they have a better chance of losing weight. Of the more than 3,000 people examined in the study, those with group support had a 6 to 20 percent better chance of achieving a 5 percent weight loss.

Set the Parameters Find a point person to be the one who collects data such as starting weights, weekly weigh-ins and final numbers.

This person will report progress to the Fitness Center after each Weight-in. Ideally you have an office wellness coordinator, but if not, choose someone who can be discreet and honest. People will be more willing to participate if they know that they won't be judged.

Start date and end date. Seven weeks **Oct 7th -Nov 22nd** are all long enough for participants to make change without resorting to drastic measures. These periods are also short enough so people won't lose focus and interest. **Official weigh-ins is Every Monday and the last weigh-in will be Friday Nov 22nd at Noon.** Bring in a scale into the office for the official weigh-ins. Scales tend to vary in accuracy, so it's fair if everyone weighs in on the same one. You may also offer a small prize every few weeks to someone who's shown exceptional commitment or progress. This keeps the interest in the program high.

Mail flyers send emails and talk it up at the water cooler. Publicize the challenge in the company newsletter and in the wellness center, if you have one. Team-based programs can create greater incentive to stick to the plan and make the competition more social, as people don't want to let their teammates down.

Create Ground Rules at the Office

Determine the winner by percentage of total weight loss, not total pounds lost. Heavier people can lose weight more quickly and would automatically have an advantage. For example, you'd determine the number of pounds lost and divide it by the beginning weight to figure out the percent weight lost. People may appreciate that their actual weight won't be publicized, too, because you'll post standings according to percentage lost -- not actual weight.

Ban participants from using unhealthy methods to lose weight, such as starvation, diet pills, water pills and laxatives. Encourage people to lose weight by eating whole, unprocessed foods and moving more. Establish a daily lunchtime walk for and share recipes with the participants. Sabotaging fellow competitors by tempting them with treats should be discouraged.

**Signe Olson - Certified
Personal Trainer**

About Me: I grew up here in Blue Earth, involved in every sport I could, and through that my love for fitness grew. Whether you are struggling with building muscle, weight management, or motivation, I've been there too, and I'm here to help! I am passionate about helping people reach their goals and see positive changes in many aspects of their life!



Education & Certification: Certified Personal Trainer NASM, Metabolics, Aquatics WSI, CPR and First Aid Certified

Specialties/Areas of Focus: muscle development, weight management, and functional movement

Train With Me: I offer each of my clients a free 1 hour session where we perform a movement assessment, discuss goals and motivation, and go through a sample training session together. I don't intend that you'll have to train with me forever. Together, we will build a 1 month, 3 month, and 6 month plan, where by the end of 3-6 months I hope to see you reaching your goals and able to train on your own.

My goal is to help you reach yours!

Questions or to set up a free session:

Email: signeolson@hotmail.com

Text: (507) 848-8612



Yoga Instructor Mary Franta

Family: Husband, Mark

Children: Teresa, Dan, John, Joseph, David and Anne

Hometown: Casselton, ND Winnebago, MN since 1982

Education: B.S. Pastoral Ministry

Certification: I am not a certified yoga instructor. I have been doing yoga on my own for about 5 years.

Fitness Background: 10 years of dance lessons, high school track and basketball

Special Interests: Walking, Dancing, Singing, Reading, Watching my kids play sports

Yoga Philosophy: I look at yoga as simply a way to strengthen and integrate the mind, body and spirit. My goal as a teacher is to provide a non-threatening and non-competitive environment where people can improve their health by strengthening and stretching muscles, improving posture and balance, reducing stress and learning to quiet the mind.



Carl Ekstedt, Certified Personal Trainer (CPT) (507)399-9819

wholefitnesstrainer@gmail.com certified by the National Academy of Sports Medicine (NASM) Sports Performance Specialist 14+ years experience. I believe fitness is not just about the physical body, but is a combination of physical, mental, and spiritual health – whole fitness. I'm here to help you make a lifestyle change that will result in a healthier, fitter, more confident you, starting now and for years to come.

What you can expect from me:

- free pre-training assessment to determine reasonable, accessible fitness goals for you
- ~ 50-minute sessions of professionally guided, personally tailored workouts
- ~ nutrition counseling
- ~ confidentiality
- ~ honest facts about fitness, instead of hype and fads

About Me

I am happily married to my high school sweetheart, and we have nine children. We are new to Blue Earth – we moved here from Omaha about 4 years ago. I played soccer, baseball, and football in high school. I have competed in Highland Games competitions, **and I was NorthCoast Champion in Muay Thai.**



Group Fitness instructor

Shannon Ledin. Born in Westfield NY. Always enjoyed aerobics and playing sports when I was young. I moved to MN when I was 19 & started working in fitness centers. Pursued body building at 22, ended up having my second son instead. I still enjoyed staying healthy throughout the years. In the year 2008, decided to get certified as a group fitness instructor and since then have had many more certifications. I have been lucky to teach a variety of classes as an instructor at the Lake Crystal Recreation Center since 2013. I enjoy helping people get healthy and feel their best!

When I am not working, I like being outdoors and spending time with my husband and 3 boys.