



Phone # (507) 526-3376

Faribault County Fitness Center, P.O. Box 38, Blue Earth, MN 56013

E-mail Address fitness@bevcomm.net or "Like Us" on Facebook



Join one of the nation's leading exercise programs designed exclusively for older adults, the **Silver Sneakers 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. Please bring work out shoes to change into.
 When: Ongoing Mondays and Wednesdays @ 10:00A
 Cost: Free to Silver Sneakers & Silver&Fit Members or \$35.00 a month for Non-Members



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: 10:00 A.M. Most Fridays Jan Mar (Check Fitness Center for schedule)

Cost: Free for SilverSneaker members or \$25.

Instructor: Michelle Hall



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.

Walk-in any time 7:30-10 AM M-F or Thurs 6-7:30 PM

Cost: Free to Silver&Fit Members /and Fitness Center Members. \$30.00/month Non-Members

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 and strength and better posture.



Gentle Chair 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 Jan 9th -30th

Session II Feb 6th -28th

Session III Mar 5th -26th

Session IV Apr 2nd -23rd

Cost: Free to Silver&Fit Members /\$20.00

Members/\$30.00 Non-Members

Instructor: Mary Franta



"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 and strength and better posture.

This class will focus on combining basic yoga poses in a somewhat flowing manner. Modification will be provided to accommodate a variety of skill levels.

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

Cost: \$25 for members or \$35 non-members per session

Session I Jan 7th -30th

Session II Feb 4th -27th

Session III Mar 3rd -26th

Session IV Apr 7th -30th

Or:

When: Tue @ **5:15-6:00 PM**

Session I Jan 7th -28th

Session II Feb 4th -25th

Session III Mar 3rd -24th

Session IV Apr 7th -28th

Cost: \$20 Members/\$25 Non-Members per session

Instructor: Mary Franta



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 Jan 7-28th

Session II Feb 4th-25th

Session III Mar 10th-31st

Or

Sat @ 8:00AM

Session I Jan 4th-25th

Session II Feb 8th-29th

Session III Mar 7th-28th

Cost: \$35 per session

Do both and save \$10 Tue and Sat for \$60 a session. (month)

Instructor: Elizabeth Stallman



Pilates Learn how to move efficiently

Pilates exercises that train several muscle groups at once in smooth, continuous movements. By developing proper technique, you can actually re-train your body to move in safer, more efficient patterns of motion - invaluable for injury recovery, sports performance, good posture and optimal health.

It's gentle...Many of the exercises are performed in reclining or sitting positions, and most are low impact and partially weight bearing. Pilates is so safe; it is used in physical therapy facilities to rehabilitate injuries.

But it's also challenging...

Pilates is also an extremely flexible exercise system. Modifications to the exercises allow for a range of difficulty ranging from beginning to advanced. Get the workout that best suits you now and increase the intensity as your body conditioning improves.

When: Mon & Wed @ Noon-12:40 Feb 3rd -26th

Cost: \$25 Minimum: class size 6

Instructor: Michelle Hall



Ball/Weights

Here is an opportunity to work on balance and strength all in the same workout. Your ball will become your weight bench while using your core to stay balanced. Working on developing strength, balance, flexibility and core stability.

When: Mon & Wed @ Noon -12:40 Jan 6th-29th

Cost: \$25 Minimum: class size 6

Instructor: Michelle Hall



Pedal N Pump

Pedal N Pump offers you two workouts in the time of one! Follow our instructors through a vigorous 20-minute cycle class. Then move to a 20-minute Bodybar lifting session that will help strengthen and sculpt your body.

When: Mar 2nd-25th Mon & Wed @ Noon-12:40

Cost: \$25 Minimum: class size 6

Instructor: Michelle Hall

PRESCHOOL Open Gym



Preschool Open Gym (6 months-5 yrs. w/ parent) Here is a chance to let off some steam and provide an opportunity for parents and children to play safely together. You are welcome to bring balls or wiffle ball equipment. Please carry in a clean pair of gym shoes to change into.

When: 10-11 A.M. Jan 7th 18th 21st @ 25th

Feb 4th 15th 18th 29th Mar 3rd 14th 17th 28th

Cost: \$20 pass for all dates or \$3 a time (pre child).

No fee if you have a Family membership.



This class combines cardio moves to get your heart pumping with strength moves to make you strong. Fast paced class to keep your heart rate consistently in your training zone to maximize calorie burning. Beginners welcome.

When: Mon & Wed 5:15 PM

Session I Jan 6th-29th

Session II Feb 3rd-26th

Session III Mar 2nd-25th

Session IV Apr 6th-29th

Cost: \$60 a session Instructor: Shannon Ledin

FRETYL FITNESS PRESENTS
BEGINNER
Chair Dance
WORKOUT



CHAIR TRICKS & CHAIR DANCE
FOR ABSOLUTE BEGINNERS

Beginner Chair Dance Workout

Progressive 4 Week Series of Chair Tricks & Chair Dance for absolute beginners! No dance or fitness background required. High heels welcome, but not required. Wear comfortable, layered clothing & bring a water bottle! Have fun in the skin you're in!

When: Thursdays 5:15pm-6:15pm Jan Feb, Mar (Note no class Jan 30th).

Cost \$65 / person / 4 Week Series



Basic & Intermediate Pole Dance

Beginners will learn floorwork, basic spins, smooth transitions, & prepare to climb! Continuing students build on the basics to combine spins, climbing & more!

When: Thursdays Jan Feb & Mar 6:30-7:45pm

Cost: \$69 / person / 4 Classes (Punch Card)

Pole class is for you to enjoy in the body you have right now, today. No background in dance or fitness (or anything else) is needed to attend Frestyl Basic & Basic-level pole classes. Comfortable layered clothing is recommended. Leg warmers and shorts (can be worn under leggings or sweats) are helpful but not required.

Avoid lotion and massage or oils (such as coconut oil) 24 hours prior to class. Plan to remove jewelry on hands and wrists or leave it at home. We sell lotion replacements to keep your skin happy, as well as comfortable clothing and additional gear to suit your needs. Don't hesitate to reach out if you have questions about how to stay comfy in pole class!

Call us: 507-351-7805

Email us: info@frestylfitness.com

Sign up can be at www.frestylfitness.com OR people can leave a check or cash at FCFC!

**BOOT
CAMP**

Boot Camp is a challenging, fun and supportive workout! ... The **boot camp** workout consists of cardiovascular conditioning (running or walking, plyometrics), strength training (weights, stability balls, resistance bands, medicine balls, Glides, kettle bells) and stretching.

When: Mon & Wed 6:15-7 PM

Session I Jan 6th-29th

Session II Apr 6th-29th

Cost: \$60 a session

Instructor: Shannon Ledin Group Trainer



PiYo is a mix of Pilates, which focuses on muscle and core building, and yoga, which focuses on strength and flexibility. This total-body workout is designed to strengthen small muscles (triceps, shoulders, biceps, calves) and large muscles (hamstrings, back, chest).

When: Mon & Wed 6:15-7 PM Feb 3rd-26th

Cost: \$60 a session

Instructor: Shannon Ledin Group Trainer



Pilates is a method of exercise that consists of low-impact flexibility and muscular strength and endurance movements. **Pilates** emphasizes proper postural alignment, core strength and muscle balance.

When: Mon & Wed 6:15 PM Mar 2nd-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 May 4-20th 3 Weeks only

Cost: \$50 a session

Instructor: Shannon Ledin Group Trainer