



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



M & M s @ Noon anyone?

Mary's Movements of Grace Tue & Pilates with Michelle on Thurs.
 Join Mary on Tue's as she uses movement and breath to promote human and spiritual well-being. Some of the benefits you may experience include greater self-awareness, improved balance, increased flexibility and strength and better posture.

And on Thru Pilates exercises with Michelle that train several muscle groups at once in smooth, continuous movements **It is 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 **But it's also challenging...** Modifications to the exercises allow for a range of difficulty ranging from beginning to advanced.

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

- Session I Oct 3rd -26th
- Session II Nov 2nd-30st
- Session III Dec 5th -28th

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

Gentle Movements of Grace/ Pilates

This class will be very similar to the Movements of Grace/Pilates, but the movements will be done at a slower pace, and We will use both a yoga mat and a chair for greater support and stability.

When: Tue & Thursdays @ **11:00 AM**

- Session I Oct 3rd -26th
- Session II Nov 2nd-30st
- Session III Dec 5th -28th

Cost: \$40 Members/\$45.00 Non-Members per session
 Instructor: Mary Franta & 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 @ 5:15 PM and or Sat @ 8:00 AM Oct -Dec
 Cost: \$35 / for Classes or \$60/ for 8 Classes
 Instructor: Elizabeth Stallman



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 is **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.

Beginners Pickleball: Come learn the rules and play Pickleball.
 Monday @ 11:00 AM. Nov 6,13, and 20th FREE



Ballroom Dancing.

Are you "In the Mood" for some dancing?

Learn how to waltz, Polka, Two-step, Schottische and Jitterbug Dance.

And Michelle might even step in a bit for Line Dancing.

Tue's Jan 2nd - Feb. 8th 6-7 P.M.

Cost: \$50/a couple

Instructors: Mark and Mary Franta



**Blue Earth Area
Tennis Association
Practice sessions
Fridays at Fitness Center**

from 7-9 pm through March

Practice sessions for youth interested in learning tennis or advancing their game. Two to three members from the varsity high school tennis teams will mentor up to 15 people aged 5th grade - 12th grade. It is open to all levels up through Junior Varsity. Sign up for which dates work for you. Please reach out to any of the following BEATA members or use QR code for our sign-up genius link. If you are not a member of the FCFC, it is \$7/session.

Reach out to Michelle as membership/ scholarships are available.

