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High Intensity Body Weight Circuit Training

This type of training or High Intensity Circuit Training involves combining both cardio and resistance training in the same workout, alternating upper and lower body moves as well as high intensity and lower intensity exercises. The idea is a challenging, total body routine that offers better weight loss results in less time. The major benefit is that you increase your after burn - the number of calories your body continues to burn after your workout is over. That [after burn](#) or Post Exercise Oxygen consumption (EPOC) is a great [secret weapon](#) to have in your arsenal, especially if your goal is to lose weight. This class will be modified for beginners as needed, so all levels of fitness can benefit from this class.

When: Mon & Wed @5:15 PM

Session I Jan 7th -Feb 13th

Session II Feb 25th - Apr 3rd

Cost: \$60

Instructor: Signe Olson



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

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 3rd -24th (If needed snow date Jan31st)

Session II Feb 7th -28th

Session III Mar 7th -28th

Session IV Apr 11th -May 2nd

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 3rd -29th (If needed snow date Jan31st)

Session II Feb 5th -28th

Session III Mar 5th -28th

Session IV Apr 9th -May 2nd

Or:

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

Session I Jan 3rd -24th (If needed snow date Jan31st)

Session II Feb 7th -28th

Session III Mar 7th -28th

Session IV Apr 11th -May 2nd

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 & Thurs @ 4:30-5:15 PM
 Session I Jan 2nd-24th
 Session II Feb 5th-28th
 Session III Mar 5th-28th
 Session IV Apr 2nd-25th

Cost: \$60 per session Instructor: Elizabeth Stallman



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: Mon & Wed @ Noon-12:40 Jan 7-30th
 Cost: \$25 Minimum: class size 6
 Instructor: Michelle Hall



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 5th-28th
 Cost: \$25 Minimum: class size 6
 Instructor: Michelle Hall



TRX/Ball

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

When: Mon & Wed @ Noon -12:40 Mar 4th-27th
 Cost: \$25 Minimum: class size 6
 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



ZUMBA!

Zumba is a Latin inspired, dance fitness class incorporating international music and Latin dance movements for a dynamic workout. We will combine fast and slow rhythms that tone and sculpt the body and achieve a unique blended balance of cardio and muscle benefits. Dancers and non-dancers can master this class AND have a great time. Please bring workout shoes to change into

When: Tuesdays & Thursdays @ 5:15 pm (6 week sessions)

Session I Jan 8th-Feb 14th
 Session II Feb 19th-Mar 28th
 Session III Apr 2nd-May 9th

Cost: \$60 a Session Walk-ins \$7
 Minimum: class size 8

Instructor: Amanda Jaskulke Certified Zumba Instructor



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: Saturday's 8:00 AM

Session I Jan 5th-26th

Session II Feb 2nd -23rd

Session III Mar 9th -23rd

Session IV Apr 6th -27th

Cost: \$35 per session

Instructor: Elizabeth Stallman