OPEN HOUSE
Monday, October 26
8:30 a.m. - 7:00 p.m.

OPEN HOUSE
Free Event

Treats
Door Prizes
Tour the Fitness Center
Try our Classes for FREE

7:30-9:30 Pickle Ball Demonstration
8:30-1:00 All-Natural Juice Bar
8:30-6:00 Meet Personal Trainer Tennis Coach Steve Ybarra
10:00 Silver Sneaker Class Michelle Hall
11:00-Noon Meet Trainer Signe Olson

 Noon Yoga Class Mary Franta
1:00 Gentle Yoga Mary Franta
3:30-4:15 Rallyball (Tennis) 1st-2nd Grade
4:30-5:15 Rallyball (Tennis) 3rd-4th Grade
4:30-5:00 Meet Trainer Signe Olson

5:15 Circuit Training Signe Olson

Rallyball
offering the basics sport of Tennis to boys and girls of elementary school age. Playing full court Tennis is very difficult for those new in tennis, so Rallyball is played on a shorter court in order for the kids to have the best possible experience. The rallyball is played with a light ball and the kids can quickly pick up the fundamentals of tennis in a friendly, fun way. We will be offering the Rallyball program in two different 6 week sessions this winter. Come join in for Rallyball!

The Faribault County Fitness Center
is located in the Faribault County Fairgrounds, Blue Earth, MN
Phone: 507-526-3376 • email: fitness@bevcomm.net