



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. Please bring work out shoes to change into.

When: Ongoing Mon & Wed Or Tue & Thurs We are limiting our class sizes during covid-19 so you need to pick your days.

Time: 10:00 A

Cost: Free to Silver Sneakers & Silver&Fit Members or \$35.00 a month for Non-Members



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



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 7th -28th

Session II Feb 4th -25th

Session III Mar 4th -25th

Session IV Apr 8th -22nd

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 5th -28th

Session II Feb 2nd -25th

Session III Mar 2nd -25th

Session IV Apr 6th -29th

Cost: \$40 Members/\$45 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: Tuesday Class @ 4:30

Session 1: January 5th-31st

Session 2: Feb 2- 23

Session 3: March 9-30th

Saturday Class:

Session 1: January 9-30

Session 2: Feb 6-27

Session 3 March 6-27

Cost: \$35 per session

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

Instructor: Elizabeth Stallman



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. Oh don't forget the core work.

Beginners welcome.

When: Tue & Thurs 5:15 PM

Session I Jan 5th-28th

Session II Feb 2nd-25th

Session III Mar 2nd-25th

Session IV Apr 6th-29th

Cost: \$60 a session Instructor: Shannon Ledin



Rallyball:

offering the basics of the sport (Tennis) to boys and girls of elementary school age. Plus gives kids a nice way of competing with tennis as opposed to just learning what a new sport is all about. Playing full court tennis is very difficult (for those new to tennis), so Rallyball is played on a shorter court in order for the kids to have the best possible experience out there. We will be offering the Rallyball program in two different 6 week sessions this winter. This atmosphere is helpful in that the players can pick up the fundamentals of tennis in a healthy, fun way.

Session I Tue & Thurs Jan 5th-28th

3:30-4:15 1ST -2nd Grade

4:30-5:15 3-4th Grade

Session II Tue & Thurs Feb 8th-Mar 4th

3:30-4:15 1ST -2nd Grade

4:30-5:15 3-4th Grade

Cost: \$60 a session Instructor: Steve Ybarra

The Best Lunch Break Fitness Classes with 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 you core to stay balanced. Working on developing strength, balance, flexibility and core stability.

When: Mon & Wed @ Noon -12:40 Jan 4th-27th

Cost: \$25 Minimum: class size 6



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 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; 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 1st-24th

Cost: \$25 Minimum: class size 6



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 1st-24th Mon & Wed @ Noon-12:40

Cost: \$25 Minimum: class size 6