



507-526-3376 PO Box 38 • Blue Earth, MN 56013 Located at the Faribault County Fairgrounds
E-Mail: fitness@bevcomm.net



Mornings (Silver Sneakers/Silver&Fit)

Mondays & Wednesdays at 10:00 a.m. on going.

Cost: Free Silver Sneaker/Fit Members

\$20 Fitness Center Members a month

\$35 Non Fitness Center Members a month

Instructor: Michelle Hall

No Class July 26th or 28th Fair Week



Movements of Grace: Yoga

Yoga focuses on stillness. Each posture is held for several seconds or minutes, allowing the body to fill with positive energy between each movement. Yoga use controlled breathing and meditation to enhance the practice. All age groups can benefit from Yoga.

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

Summer Session Jun 15th -Aug 19th

No Class Jul 27th or 29th fair Week

Cost: \$60 for members or \$55 non-members per session