



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 7-8 PM

Cost: Free to Silver&Fit Members /and Fitness Center Members. \$30.00/month Non-Members



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 Class:
 Session 1: January 7th-28th
 Session 2: Feb 2nd -25th
 Session 3 March 4th-25th

Cost: \$35 per session Instructor: Elizabeth Stallman



Gentle Chair Yoga

Mary's Gentle Movements of Grace

This class will be very similar to the Movements of Grace class 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: Tuesday And Thursdays @ **11:00 A.M.**

Session I Jan 3-26

Session II Feb 7-Mar 2

Session III Mar 7-30

Session IV Apr 4-27

Cost: Free to Silver&Fit Members
 \$40.00 Non-Members pre session

Instructor: Mary Franta



"Movements of Grace: Yoga

Mary's Movements of Grace

Join me as I use 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. You will need a yoga mat for this class. The Fitness Center provides them or you can bring your own.

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

Cost: \$25 for members or \$35 non-members per session

Session I Jan 3-26

Session II Feb 7-Mar 2

Session III Mar 7-30

Session IV Apr 4-27

Session V May 2-25

Cost: \$40 Members/\$45 Non-Members per session

Instructor: Mary Franta



Ballroom Dancing.

Are you "In the Mood" for some dancing?

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

Thursday s Jan 5th- Feb. 9th 6-7 P.M.

Cost: \$40/a couple

Instructors: Mark and Mary Franta

Fitness To Do @ Noon

The Best Lunch Break Fitness Classes with Michelle Hall



TRX stands for "**Total (Body) Resistance eXercise**" and refers on the one hand to the training device (a suspension system) itself and on the other hand to a sub-area of functional training.



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.



Circuit training is a combination of six or more exercises performed with short rest periods between them for either a set number of repetitions or a prescribed amount of time. One **circuit** is when all the chosen exercises have been completed.

When: Mon & Wed 12:05-12:45
 TRX Jan 4th -30th
 Pilates Feb 1st-27th no Class the 20th
 Circuit Training Mar 1st -27th
 Cost: \$30 or \$40 nonmembers
 Instructor: Michelle Hall



With Elizabeth Stallman

This class is a **total body, heart pumping, aerobic and strength conditioning workout**. This interval-based class combines full-body strength training with high intensity cardio bursts designed to tone your body, improve your endurance and clear your mind after a busy day!

When Wed @ 5:15 PM
 Session 1: Jan 4-25
 Session 2: Feb 1-22
 Session 3 Mar 8-29
 Session 4 Apr 5-26
 Cost: \$35 per session

Member Sign up to Win Prizes by doing Motivational Fitness Monthly Challenges

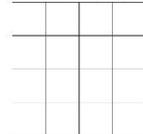


Jan Running/ Walking Challenge
 Run or walk 50 mile this month and win the monthly Prize.



Feb Cycling Challenge
 Bike 100 miles and win the monthly prize

BINGO



Mar Fitness Bingo Complete you BINGO card and Win the monthly prize



**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 memberships and scholarships are available.

