

Fitness Center Upcoming Events

Membership has its privileges

February, March, April, May *All Events Are Free for Members*

Let's Burn (Free Group Circuit Training Class) - Let's Burn some **Calories!**

Tired of the same boring routine? Join us we MOTIVATE each other. This is a Fun 45-minute Circuit Training Class which incorporates Free Weights, Machines, Kettle Bells and Active Cardio. Working out in a group setting is a Great Way to add some Excitement to your workouts.

Warning – This class May Cause Weight Loss!

Tuesdays, February 2, 9, 16, 23 6-6:45 pm
 Tuesdays, April 6, 13, 20, 27 6-6:45 pm

Tuesdays, March 2, 9, 16, 23, 30 6-6:45 pm
 Tuesdays, May 4, 11, 18, 25 6-6:45 pm



Intro to the Gravity Machine and Kettle Bell Training Class.

Come learn how to incorporate **Kettle Bells** and the **Gravity Machine** into your workout. Kettle Bells are an excellent way to work your entire body in a very efficient way. The Gravity Machine will allow you to work your muscles in ways that just aren't possible with traditional resistance training. **This is a Fun 45 minute class.** Come ready to **Learn** and **Play!**

Thursday, March 11 6-6:45 pm



Family Swim

Come and enjoy a Sunday afternoon with your family at the Bug-Bee-Hive Resort Lodge. Enjoy the swim time with your family and friends. Feel free to bring along pool floating devices or pool games. Relax and enjoy the afternoon of family fun time. Parents must accompany children. You must pre-register for each session.

Date: Sunday, March 21
Time: 3:30-5:00p.m.

Date: Sunday, April 18

Date: Sunday, May 16

Location: Bug-Bee-Hive Resort, 29695 Queen Bee Lane, Paynesville, MN

Family Fitness

Families that **PLAY** together **STAY** together! Get out of the cold and into some fun by joining us for our monthly family fitness program. Family Fitness activities may include, basketball, scooter races, preschool tumbling, floor hockey, tag games, relay races and many other **FUN** and **ACTIVE** Events.

Dates: Monday, March 15 Monday, April 26 **Time:** 6:00 p.m.-7:00 p.m. **Location:** Elementary Caf.Gym

Adult Tennis Lessons

Join us for tennis instruction from our expert instructor Deanne Johnson. Deanne will assist you in taking your tennis game to the next level. Tennis lessons are a fun, inexpensive, healthy way to meet new people and learn lifelong skills.

Dates: Tuesdays April 20, 27 May 4, 11, & 18 **Time:** 5:05-6:05 pm **Location:** H.S. Tennis Courts

<p>Free Spin Classes for Members</p> <p>March 4th-8:00 pm - 9:00pm April 1st -8:00 pm - 9:00pm May 6th -8:00 pm - 9:00pm</p> <p style="text-align: center;">Register in the Fitness Center</p>	<p>Make Your Way Across Minnesota Challenge</p> <p>Dates: April 1 through May 29</p> <p>Minnesota is 360 miles from the East to the West. The Paynesville Fitness Center is challenging local residents to make their way across MN. You can Bike, Row, Run, Swim, Elliptical your way across the great state of MN.</p> <p>More info on Page 6</p>	<p>Paynesville Fitness Center X-Country Ski Day</p> <p>Join us for a morning of Free X-Country Skiing . We will ski around the school grounds and over to Koronis Hills. Register in the fitness center.</p> <p>Date: Saturday, February 27th Time: 8:30 am—10:00 am Meet at the Fitness Center.</p>
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FREE for Fitness Center Members