

Fitness Center Upcoming Events

Membership has its privileges

Fitness Center Upcoming Events

Membership has its privileges

February

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

Tuesdays, February 2, 9, 16, 23 6-6:45 pm

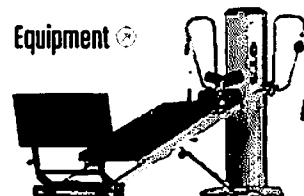
Tired of the same boring routine? Join us we **MOTIVATE** each other. This is a **Fun 45-minute Circuit Training Class** which incorporates **Free Weights, Machines, Kettle Bells and Active Cardio.** Working out in a group setting is a **Great Way** to add some **Excitement** to your workouts. **Warning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

Group Fit-Boot Camp - Dates: Thursdays, Feb 4, 11, 18, 25 Times: 5:45 a.m.-6:30 a.m. (More info on Back Side)

Intro to the Gravity Machine and Kettle Bell Training Class. 2-4-10 – 6-6:45 pm

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!**

THE GRAVITY SYSTEM*



Family Swim 2-14-10 – 4–5:30 pm (More info on back side)

Family Fitness, Elementary School Cafeteria Gym

2-22-10 – 6 –7:00 pm (More info on Back Side)

All Events Are Free for Members



Register for all of these activities

in the fitness center.

(Folder On Desk)

Free for Members

Paynesville Fitness Center - Where Fitness Is FUN!

Adult Recreation/Enrichment

Family Swim—(For Families and their Children of Any Age)

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, February 14 Time: 3:30-5:00p.m. Class Code: W1130
Fee: Free for Fitness Center Members Registration Deadline: one week before class
Location: Bug-Bee-Hive Resort, 29695 Queen Bee Lane, Paynesville, MN
Minimum: 12 Maximum: 40



Open 24-Hours



Group Fit -Boot Camp (Group Fitness Class)

Are you getting a little tired of your same old fitness program? Join us for our Fun and challenging "Group Fit-Boot Camp". Group Fit-Boot Camp is a total body interval training class focusing on cardio conditioning, endurance and strength training. Various pieces of equipment will be used in a mix of agility



drills, cardio speed training and weight training exercises. The pace of the class is up to you as a participant. Tennis shoes, comfortable workout clothes and workout mat are needed for this class. Group Fit-Boot camp is a mid to higher level fitness class.

Dates: Thursdays, Jan 7, 14, 21, 28, Feb 4, 11, 18, 25 Times: 5:45 a.m.-6:30 a.m.
Class Code: W1071 Fee: \$39 Early Bird Special by Dec 17/\$44 after Dec 17 or \$6 per class
Location: Middle School Gym
Instructor: Teri Johnson Registration Deadline: December 31 Max: 5 Min: 25

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.

The activity areas will be separated by age group to ensure a safe environment for all. The program is open to all family members however is geared toward toddler to elementary age children. This program is designed for parents and children to be active together so come ready to get fit. A staff person will be on each date to help facilitate the activities. **You must pre-register for this activity.**

Dates: Class Code: W1029 Monday, Feb 22 - Class Code: W1030
Fee: \$5 per family **FREE for fitness center members**
Time: 6:00 p.m.-7:00 p.m. Location: Elementary School Cafeteria Gym
Registration Deadline: One week prior to each date. Minimum: 5 Maximum: 35