

Fitness Center Upcoming Events

Membership has its privileges

June & July 2010 All Events Are Free for Members

Let's Burn (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, June 1, 8, 15, 22, 29 6-6:45 pm

Tuesdays, July 6, 13, 20, 27 6-6:45 pm

Summer Group Fit -Boot Camp

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: Tuesdays, June 8,15,22,29, July 6,13

Times: 6:00 a.m.-6:45 a.m.

Class Code: S1090

Fee: Free for Fitness Center Members

Location: Middle School Gym

Instructor: Teri Johnson

Min: 5 **Max:** 25

Adult Outdoor Activity Club

Looking for something fun refreshing and new this summer? Join the Paynesville Fitness Center in the Outdoor Activity Club. This group will be a combination of all different fitness levels meeting and involving themselves in group runs, bike rides and swimming. There are many reasons to join maybe you are looking to lose a few pounds, compete in a race, or wanting to hang with others who enjoy the same activities. Maybe you need to find that person with the same pace or someone to push you to a new one. Whatever the reason join in on the fun!!

After each scheduled activity you will have the opportunity to enjoy some light refreshments back at the fitness center.

Dates: Tuesdays:

June 8 Running Event

June 15 Swimming Event (meet at Koronis Ministries Beach)

June 22 Biking Event

June 29 Running Event

July 13 Biking Event

July 20 Swimming Event (meet at Koronis Ministries Beach)

Time: Each event would start at 6:00 pm and ending time depends on distance of route and fitness level of participant. The event will be canceled for inclement weather and or lack of participant registration check

www.PaynesvilleCE.com for details on the event date.

Fee: Free to all fitness center members (sign up in fitness center) \$3.00 for non members per activity

Location: Paynesville Fitness Center **Facilitator:** Robert Mrozek



FREE for Fitness Center Members