

HEALTH & FITNESS



PICKLEBALL ROCKS™

Let's Play

Fall Outdoor Pickleball League (Wednesday Evenings)

Join us for our inaugural season of outdoor Co-Rec Pickleball League. Pickleball is one of the fastest growing activities in the country! We encourage everyone interested in having some serious fun and getting a good workout at the same time to join us. You do not need any Pickleball experience to register. Pickleball is a racquet sport that combines elements of badminton, tennis, and table tennis and can be played simultaneously by all age groups. All equipment will be provided.



Dates: September 5, 12, 19, 26 October 3, 10
Class Code: F1008 **Fee:** \$19
Registration Deadline: August 31

Game Times: 6:00 pm - 7:15 pm
Location: Paynesville Koronis Civic Ice Arena Outdoor Pickle Ball Courts
Minimum 8 players - Maximum 16 - Can only take 16 so register early!

Winter Indoor Pickleball League (Wednesday Evenings)



Join us for our 3rd season of Co-Rec Pickleball. Pickleball is one of the fastest growing activities in the country! The league will be based on skill level and competitive interests. We encourage everyone interested in having some serious fun and getting a good workout at the same time to join us. The first two weeks of the league will be introductory. Pickleball is a racquet sport that combines elements of badminton, tennis, and table tennis.

Dates: Wednesday's - December 12, 19
 January 2, 9, 16 23, 30 February 6

Game Times: 6:00 PM-7:15 PM **Class Code:** W1019

Fee: \$24 Early Bird rate by November 15/\$29 Regular Price

Location: Paynesville Middle School Gym

Registration Deadline: December 7 **Minimum 8 players - Maximum 16**



Call 243-7570 for more information about Silver Sneakers & Silver & Fit. You may qualify for a FREE Membership to Paynesville Fitness Center.

Circuit Training

Tired of the same boring routine? Join us as 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 excitement to your workouts.

Times: Classes are from 6:00 pm-6:45 pm.
Fee: Early Bird Rate \$20 /\$25 Regular Price
(Free for Fitness Center Members)
 \$7 drop in fee if space is available –Call Community Education 320-243-7570 to reserve your spot
Location: Paynesville Fitness Center
Registration Deadlines: One Week Prior to class start date

September	October	November
Tuesday's - Sept. 4, 11, 18, 25	Tuesday's - Oct. 2, 9, 16, 23, 30	Tuesday's - Nov. 6, 13, 20, 27
F1093	F1095	F1097
Early Bird Price by Aug. 21	Early Bird Price by Sept. 18	Early Bird Price by Oct. 23