



ADULT

Paynesville Fitness Center ZUMBA!



Mondays - 6 - 7 pm

Wednesdays - 6 - 7 pm

Saturdays - 9 - 10 am

Instructor: Jill Eickhoff

Location: Paynesville Fitness Center

Included with Membership Join Today!!!

Perfect for everybody and every body! Each Zumba® class is designed to bring people together to sweat it on. We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise.

Clean Plate Eating



Join us as we learn how some minor changes to how we cook can make major changes to how we look and feel. CLEAN PLATE EATING - Meat, cheese, and veggie lovers welcome! While this class teaches you how to use the right equipment, food substitutes, and recipes for a plant based eating program we won't be trying to turn you vegan. Our goal is to give you information needed to cook without oil and cut calories w creative food substitutes so some or all nights you have the option to cook plant based meals that are so good you won't even miss meat and dairy cheese! The first class focuses on the basics of a plant based diet, how your plate should look and trying some samples! The second class covers how to condition and use stoneware and cast iron for roasting veggies without oil and how to use a mandolins to make fries out of a couple different vegetables then a

potato plus a couple of dips for those fries!

The third class teaches a few ways to steam and sauté veggies without oil. You will also learn how to turn cauliflower into just about anything from mashed potatoes to pizza crust to scrambled eggs!

We can't wait to share all these delicious recipes and tips with you that will "clean up" your plate leading to a healthier you and have you asking for more, more, more!!

Mondays - November 12, 19 & 26 **Time: 6:00pm -7:15pm**
Class Code: F1014 **Registration Deadline: November 5**
Fee: \$29 Early bird rate by October 1/ \$34 regular price
Location: Middle School Home EC Room #239 - Enter Door #8
Min: 8 **Max: 16** **Instructor: Liviana Capone**

Weight Loss Made Easy! With Natalie Heckert



Weight Loss Made Easy: You can do it! Weight Loss Can be Made Easy! If you want to lose weight or just want more energy for your day, Natalie will get you there as she is experienced trainer that has helped thousands of people to lose weight and get into great shape. Natalie with her E Fit system helped a "Biggest Loser" contestant to lose 120 pound while on the hit show and is ready to help you too! Learn from the expert 10 easy, healthy habits that Natalie recommends for you that have helped so many other clients (including herself) to lose weight and keep the pounds off for good.



Date: October 9th **4:00 PM—5:00 PM Session**
Code:F1070 **Fee: \$10** **Min: 4 Max:20**
Location: Middle School Media Center
(Please enter door #8 by the Community Ed Office)
Registration Deadline: October 2

Date: October 9th **7:00 PM—8:00 PM Session**
Code:F1071 **Fee: \$10** **Min: 4 Max:20**
Location: Middle School Media Center
(Please enter door #8 by the Community Ed Office)
Registration Deadline: October 2