

Group 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 some excitement to your workouts.



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

Tuesdays, March 5, 12, 19, 26

PM—SP1107
PM Classes 6-6:45 pm

Tuesdays, April 2, 9, 16, 23, 30

PM—SP1109
PM Classes 6-6:45 pm
Early Bird Price by March 19

Tuesdays, May 7, 14, 21, 28

PM—SP1111
PM Classes 6-6:45 pm
Early Bird Price by April 16

Self Defense for Women (Ages 16+)



Ladies, the world is a dangerous place. The nightly news is filled with stories of teenage girls and women being harmed.

What can you do to protect yourself? Here is your chance to learn how to defend yourself. Jamie Soine, certified self defense instructor will be teaching a two night class on basic, easy to use, but effective self defense techniques.

Dates: Wednesday March 20, 27
Times: 7:00-8:30 PM **Class Code:** SP1007
Location: Elementary School Gym Stage
Fee: Early Bird \$24 by Mar 6 / \$29 Regular Fee
Registration Deadline: Mar 13 **Min:** 4 **Max:** 12
Instructor: Jamie Soine

ADULT



Water Aerobics for Men & Women



This strength and aerobic workout in the water is an excellent way to get and stay in

shape. You will work on toning, tightening, trimming and having fun. Water workout is for Men and Women of all fitness levels and emphasis will be on aerobic fitness, flexibility, muscular strength and endurance. Water exercises are fun in a group setting especially when done to music.

Come join us at the Paynesville Inn & Suites.

Instructors:
Bridgett Jones & Kathy Lura



Dates: April 8, 15, 22, 29, May 6, 13 (6 weeks)

Class Code: SP1011 **Time:** 5-6 p.m.

Registration Deadline: March 25

Fee: Early Bird Rate \$39 By Mar. 18 / \$44 Regular price
Min: 9 **Max:** 15



Adult Tennis

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. In case of a weather cancelations a makeup date TBD will be implemented.

Dates: June 3, 4, 5, 6, 7
Time: 12:00 –1:30 pm **Location:** H.S. Tennis Courts
Class Code: SP1061 **Min:** 6 **Max:** 15
Fee: \$35 Early bird rate by May 20/\$40 Regular price
Instructor: Tennis Pro Deanne Johnson
Registration Deadline: May 27

****FREE for Fitness Center Members**

