

HEALTH & FITNESS

Introductory Pickleball League (Monday & Wednesday Sessions)

Join us for another season of outdoor Co-Rec Pickleball. 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 Pickle ball 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.

Monday Session

Dates: Monday's - June 17, 24, July 8, 15, 22, 29
(No class July 1) **Times:** 7:00 pm - 8:15 pm
Class Code: S1037 **Fee:** \$19
Location: High School Tennis/Pickleball Courts (We just added windscreens to the courts)
Registration Deadline: June 10 **Min:** 8 **Max:** 16

Wednesday Session

Dates: Wednesday's - June 19, 26, July 10, 17, 24, 31
(No class July 3) **Times:** 7:00 pm - 8:15 pm
Class Code: S1038 **Fee:** \$19
Location: High School Tennis/Pickleball Courts (We just added windscreens to the courts)
Registration Deadline: June 12 **Min:** 8 **Max:** 16



STRONG by ZUMBA

Stop counting the reps. Start training to the beat. STRONG by Zumba® combines **body weight, muscle conditioning, cardio and plyometric training** moves synced to original music that has been specifically designed to match every single move. Every squat, every lunge, every burpee is **driven by the music**, helping you make it to that last rep, and maybe even five more.

In a **one-hour class** you will **burn** calories while **toning** arms, legs, abs and glutes. Plyometric or explosive moves like *high knees, burpees, and jumping jacks* are interchanged with isometric moves like *lunges, squats, and kickboxing*.

STRONG by Zumba® instructors change up the music and moves frequently to make sure you're always challenged to the max.

Instructors: Jill Eickhoff & Sam Elliott

Dates: Thursdays, May 2, 9, 16, 23, 30 **Time:** 6-7pm **Class Code:** SP1080

Dates: Thursdays, June 6, 13, 20, 27 **Time:** 6-7pm **Class Code:** S1085

Dates: Thursdays, July 11, 18, 25 **Time:** 6-7pm **Class Code:** S1086

Dates: Thursdays, August 1, 8, 15, 22, 29 **Time:** 6-7pm **Class Code:** S1087

Fee: \$24 (Free to fitness center members)

Location: Fitness Center Group Exercise Area **Registration deadline:** April 25

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 10, 11, 12, 13 & 14

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**



Summer Paynesville Fitness Center ZUMBA!



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. Super effective? Check. Super fun? Check and check.

Join Paynesville Fitness Center today to gain access to Zumba!

Mondays - 6 - 7 pm

Wednesdays - 6 - 7 pm

Instructor: Jill Eickhoff

Location: Paynesville Fitness Center