



FITNESS

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 Saturdays - 9 am - 10 am
Instructor: Jill Eickhoff Location: Paynesville Fitness Center

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.

Strong by Zumba will be held on Mondays 5PM-6PM, Thursdays 6PM-7PM and Saturdays 8:30 AM-9AM
Instructors: Jill Eickhoff & Sam Elliott
Location: Fitness Center Group Exercise Area
Cost: \$49 Per Month (Free for Fitness Center Members)

September	October	November
Mondays 5-6PM Thursdays 6-7 PM Saturdays 8:30-9 AM	Mondays 5-6PM Thursdays 6-7 PM Saturdays 8:30-9 AM	Mondays 5-6PM Thursdays 6-7 PM Saturdays 8:30-9 AM
F1027	F1028	F1029



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 8th **4:00 PM—5:00 PM Session**
Code:F1070 **Fee:** \$10 **Min:** 4 **Max:**20
Location: Middle School FACS Room 239
(Please enter door #4 by the High School Office)
Registration Deadline: October 1

Date: October 8th **7:00 PM—8:00 PM Session**
Code:F1071 **Fee:** \$10 **Min:** 4 **Max:**20
Location: Middle School FACS Room 239
(Please enter door #4 by the High School Office)
Registration Deadline: October 1