



## FITNESS

# Paynesville Fitness Center ZUMBA!



Perfect for everybody and everybody! 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**

**No Zumba  
over Winter  
Break  
Dec 23-Jan 3**

## STRONG by ZUMBA

**Included with Membership  
Join Today!!!**



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)

December	January	February
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
<b>W1007</b>	<b>W1008</b>	<b>W1009</b>

## Community Open Sunday Volleyball

All high school students and adults are invited to community open gym volleyball Sunday evenings starting November 3, 2019 and will run through Sunday March 29, 2020, at the Paynesville Elementary Gym. No charge just a night of volleyball 5:30 – 7:30 pm. Come for one day for come for all.

