



RECREATION

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 Jan 15 & 22 **Times:** 7:00-8:30 PM
Class Code: W0007 **Location:** Elementary School Gym Stage
Fee: Early Bird \$24 by Jan 1/ \$29 Regular Fee
Registration Deadline: Jan 8 **Min:** 4 **Max:** 12
Instructor: Jamie Soine

Water Workout

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.

Min: 9 **Max:** 15

Dates: Monday's, January 6, 13, 20, 27
Feb. 3, 10 (6 weeks)
Class Code: W1172 **Time:** 5-6 p.m.
Registration Deadline: Dec. 28
Fee: *Early Bird Rate* \$39 By Dec. 21 /
\$44 Regular price



Dates: Monday's, February 17, 24
March 2, 9, 16, 23 (6 weeks)
Class Code: W1174 **Time:** 5-6p.m.
Registration Deadline: Feb. 10
Fee: *Early Bird Rate* \$39 By Feb. 3 /
\$44 Regular Price

PAYNESVILLE FITNESS CENTER

Circuit

Group

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.

Classes are from 6:00 pm-6:45 pm.

Fee: Early Bird Rate \$20 /\$24 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

Training



December	January	February
Tuesday's - Dec. 3,10,17	Tuesday's - Jan. 7,14,21,28	Tuesday's Feb. 4,11,18,25
W1073	W1075	W1081
	Early Bird Price by Dec. 11	Early Bird Price by Jan. 15

