



# ADULT ENRICHMENT

## Paynesville Fitness Center Classes!

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.

**Mondays - 6 - 7 pm**   **Wednesdays - 6 - 7 pm**   **Saturdays - 9 - 10 am**  
 (No Saturdays in May)



**Instructor: Jill Eickhoff**  
**Location: Paynesville Fitness Center**

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

### 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 (See chart below)   **Time:** 6-7pm  
**Fee:** \$24/Session (Free to fitness center members)   **Location:** Group Fitness Area (by the Cardio Studio)  
**Registration Deadline:** One week before the start of class

March	April	May
<b>Dates:</b> March 5, 12, 19, 26	<b>Dates:</b> April 2, 9, 16, 23, 30	<b>Dates:</b> May 7, 14, 21, 28
<b>Code:</b> SP1078	<b>Code:</b> SP1079	<b>Code:</b> SP1080

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

**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



March	April	May
Tuesday's - March. 3,10,17, 24, 31	Tuesday's - April 7,14,21,28	Tuesday's -May. 5,12,19,26
<b>Code:</b> SP1107	<b>Code:</b> SP1109	<b>Code:</b> SP1111
	Early Bird Price by Mar 31	Early Bird Price by Apr 28