

# FITNESS



## Water Workout

Come join us at the Paynesville Inn & Suites.



This strength and a 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.

**Dates:** Monday's, January 10,17,24,31  
Feb. 7,14 (6 weeks)

**Class Code:** W1172      **Time:** 5-6 p.m.

**Registration Deadline:** Jan 3

**Fee:** *Early Bird Rate* \$39 By Dec. 27/  
\$44 Regular price      Min: 9    Max: 15

**Dates:** Monday's, February 21,28  
March 7,14,21,28 (6 weeks)

**Class Code:** W1174      **Time:** 5-6p.m.

**Registration Deadline:** Feb. 14

**Fee:** *Early Bird Rate* \$39 By Feb 7/

\$44 Regular Price      Min: 9    Max: 15



Included with PACC Membership  
or \$7 class for non-members



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.

**Zumba Fitness - Mondays - 6:00 PM - 7:00 PM - PACC Group Exercise Room (No Class Dec 27)**



# STRONG

BY ZUMBA®

Stop counting the reps. Start training to the beat. STRONG Nation™ 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 each class you'll **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 Nation™ instructors change up the music and moves frequently to make sure you're always challenged to the max.

**Zumba Strong - Wednesdays - 6:00 PM - 7:00 PM - PACC Group Exercise Room (No Class Nov 24 & Dec 29)**

## FREE - PACC Indoor Walking Track



Get active on our NEW Indoor **1/9 mile 2-Lane Walking Track**. Free access during weekday staffed hours (Monday-Friday 8am-8pm) **FREE** for Paynesville Area School District Residents.

**24-Hour Walking Track Access included with PACC membership more information about memberships at [PaynesvilleCE.com](http://PaynesvilleCE.com).**

