

GET FIT with Sample Sundays!



Are you looking for something different to get the New Year started?

We are offering five different classes for you to sample!

Our Instructors are passionate about the benefits of regular exercise and healthy lifestyles and are excited to share their knowledge, expertise and skills through each fitness class. Each trainer offers an individual style to create a diverse FUN environment for **everyone** to reach their personal best.

CLASS SCHEDULE

\$3 per session or take all five for \$10

ZUMBA

Instructor: Sami Strohm

SUNDAY, January 22

4:00-5:00 pm

Small Gym

BOOT CAMP

Instructor: Laura Kosen

SUNDAY, January 29

4:00-5:00 pm

Small Gym

KICKBOXING

Instructor: Sami Strohm

SUNDAY, February 5

4:00-5:00 pm

Small Gym

YOGA

Instructor: Kristin Knight

SUNDAY, February 12

4:00-5:00 pm

Choir Room

PILATES

Instructor: Kathie Erickson

SUNDAY, February 19

4:00-5:00 pm

Choir Room

Zumba



Shake it up with this fun, energetic hip shaking class. You won't even realize you are working out. Exotic rhythms set to high-energy Latin and international beats. Before participants know it, they're getting fit and their energy levels are soaring!

Boot Camp



Don't let the name scare you! This class is for anyone looking to improve their fitness level. All fitness components: including cardio, muscle toning and core strengthening! *No choreography involved.*

Kickboxing



A workout structured for the person looking for a different type of class utilizing punching & kicking combinations along with toning exercises. Kickbox circuit will intermix cardio kickboxing moves & toning. *No actual striking of bags.*

Yoga



Dynamic workout that will invigorate and energize you. Helps reduce stress and rejuvenates your immune system, while increasing your flexibility and building muscle strength.

Pilates



The Pilates Method is a conditioning program that improves muscle control, flexibility, coordination, strength, and tone. It's a series of movements engaging your body and mind!

All classes will be held at Lakeview School on Sundays from 4:00 - 5:00 pm beginning January 22nd. If you would like to try all five classes your cost is \$10. If you only want to sample a class or two, each session will be \$3.00.

For more information contact:

Lakeview Community Education

875 Barstad Road N, Cottonwood, MN 56229

507-423-5164 Ext 1330

Registration information on back!

GET FIT with Sample Sundays!

What you need to know!

Do I need any previous exercise experience? NO! Group fitness classes are designed for everyone!

What should I bring to class? Wear comfortable clothing that you can move easily in, bring water to drink, and wear supportive indoor shoes if the class requires footwear. **Please bring your own mat if you have one.** And finally, bring a friend! When friends come together you are more likely to stick with a regular fitness routine.



What if I can't keep up? NO WORRIES! It is important that you move at your own pace. Beginners should take it easy when just starting out. We want you to feel good & reach your fitness goals comfortably.

What types of people come to a fitness class? ALL TYPES! You will see people of all ages, abilities and fitness levels. *Instructors will show modifications to suit individual abilities and limitations.*

This is my first class, what do I do? Please arrive 10 minutes early to check in, and bring what you think you will need listed above.

Fee: \$3 per session or \$10 for all five!

In case of bad weather listen to Marshall radio: KMHL – 1400 AM, or online at www.marshallradio.net.

This program is offered through:
Lakeview Community Education
875 Barstad Road N ♦ Cottonwood, MN 56229
507-423-5164 Ext 1330

Everyone Welcome!

Registration Form:

Name: _____ Phone: _____

Please register by January 16th if registering for all five sessions. Per session registration can be returned the Monday before class.

Please indicate the classes you are registering for:

Zumba Kickboxing Boot Camp Yoga Pilates

Each class is \$3 per session or register for all five for \$10

Please register early as we have a minimum required to run each class.