

# Specialty Fitness Classes

**Spice up your workout routine with one of our specialty classes, designed to challenge and invigorate!**

**Spring Session Begins: May 1**

**Summer Session Begins: July 7**

**Register at least one week prior to class start date to avoid late fee**

For class dates, times or to register, visit:  
[invergroveheights.org/register](http://invergroveheights.org/register) or call 651-450-2480.



- Youth and Teens ages 10-14 may register with a registered parent or guardian

CLASS TITLE	DESCRIPTION	SESSION FEES MEMBER/NON-MEMBER
Boot Camp	Trainers will push you to achieve your fitness goals with fun, challenging workouts using a variety of equipment including TRX, kettlebells and battle ropes. Stay motivated and work as a team to burn mega calories!	\$39/\$59 (Friday) (8 - 60 min. sessions) \$59/\$99 (Mon. & Wed.) (16 - 60 min. sessions)
Boot Camp Express	Trainers will push you to achieve your fitness goals with fun, challenging workouts! Stay motivated and work as a team to burn mega calories!	\$59/\$99 (M/W/F) (24 - 40 min. sessions)
Boxing Camp	Learn basic and advanced boxing combinations and jab, kick and hook your way to a leaner body and healthier state of mind. Moderate- to high-intensity level.	\$49/\$79 (8 - 60 min. sessions)
Core Express	Use TRX, kettlebells, bosu balls and stability balls to improve your core strength in 30 minutes.	\$19/\$39 (8 - 30 min sessions)
Core for Performance	Use TRX, kettlebells, bosu balls and other equipment to improve core strength to use for your golf swing or athletic needs.	\$59/\$99 (16 - 50 min. sessions)
Food & Fitness	Trainers help you educate yourself to make better food choices, set goals and be accountable in class and online. And learn a different type of low-impact workout each week. Class will be 30 minutes of education and goal setting and 30 minutes of fitness.	\$45/\$65 (8 - 60 min. sessions)
Mind Body Makeover	This is a great way to jump start your fitness journey and experience a variety of exercise formats! Each session includes 45 minutes of low-impact strength and cardio and 15 minutes of nutrition, wellness and stretching.	\$59/\$99 (16 - 60 min. sessions)
Stand Up Paddleboard	You'll experiment with balance, learn strength moves and Yoga poses on the board while working in your comfort zone. Gain confidence and practice centering. Taught by Brown Dog Paddleboard.	\$65/\$85 (3 - 50 min. sessions)
Strength Training Circuit	Work with a certified trainer in a small group setting to effectively sculpt and strengthen your upper and lower body. Improve metabolism, balance, bone density and confidence. Lose inches and lbs.	\$59/\$99 (16 - 50 min. sessions)
Strength Stride and Stretch	Warm-up with Nordic Walking Poles, strengthen your body with resistance bands and relax with stretching. Poles will be available or you may purchase your own.	\$39/\$59 (8 - 50 min. sessions)
TRX Bell	Work in a small group setting to train your body with TRX suspension training and Kettle Bells. This time-efficient class will elevate your heart rate and strengthen your whole body.	\$59/\$99 (16 - 50 min. sessions)
QiGong in the Park	Learn basic qigong exercises to increase longevity and cultivate the life force in the body, surrounded by nature. Focus on posture, breath, mindfulness and gentle movement. Held in <b>South Valley Park</b> . Check the Weatherline for updates.	\$39/\$59 (8 - 50 min. sessions)
Tai Chi in the Park	Practice the moves of Sun Style based Tai Chi surrounded by nature. We will meet at <b>Groveland Park</b> for 50 min. sessions. Check the Weatherline for updates.	\$39/\$59 (8 - 50 min. sessions)
Yoga in the Park	Pracice the moves of basic Yoga surrounded by nature. We will meet at <b>South Valley Park</b> for 50 min. sessions. Check the Weatherline for updates.	\$39/\$59 (8 - 50 minute sessions)