

Grove Aquatic and Fitness Center Specialty Fitness Schedule Oct.29-Dec.31



Back to Balance	F122	T/Th 11-11:50AM	Amy/Kayla	Studio	8	\$39/59	10/29-11/21
Back to Balance	F123	T/Th 11-11:50AM	Amy/Kayla	Studio	8	\$39/59	12/3-12/31
Boot Camp Express	F106	M,W,F 5:15-5:55AM	Shari	Studio	24	\$59/99	10/30-12/27
Boot Camp	F108	M/W 9:30-10:30AM	Claudia	NG Gym	16	\$59/99	10/30-12/23
Boot Camp	F109	M/W 5:30-6:30PM	Shari	Grove 2	16	\$59/99	10/30-12/23
Boot Camp	F110	F 9:30-10:30AM	Claudia	Grove 2	8	\$39/59	11/1-12/27
Boxing Camp	F141	Sun 5-6PM	Jeron	Studio	8	\$49/79	11/3-12/29
Core Express	F233	Fri 9:30-10AM	Tania	Grove 2	8	\$25/35	11/1-12/27
Food & Fitness	F251	Th 10-11AM	Kayla	Grove 2	8	\$45/65	10/31-12/26
Instafit ages (8-14)	F163	T/Th 6:30-7:20PM	Mackenzie	Comm 1	8	\$35/55	11/26-12/26
Strength Training Circuit	F134	T/Th 6:30-7:20PM	Claudia	Grove 2	16	\$59/99	10/29-12/26
Strength Training Circuit	F135	M/W 10:40-11:20AM	Claudia	Fitness Center	16	\$59/99	10/30-12/23
Tai Chi for Beginners	F181	Sat 11-11:50AM	Sandy	Grove 2	8	\$39/59	11/2-12/28
TRX Bell	F214	Tu/Th 7-7:50AM	Andrew	Grove 2	16	\$59/99	10/29-12/31
TRX Bell	F216	F 5:30-6:20AM	Laura	Grove 2	8	\$39/59	11/1-12/27
TRX Bell	F217	Sat 8-8:50AM	Laura	Grove 2	8	\$39/59	11/2-12/28
Paddleboard Yoga	F312	Fri 8:45PM-9:35PM	Amy	Lap Pool	8	\$25/35	11/1
Paddleboard Yoga	F313	Fri 8:45PM-9:35PM	Amy	Lap Pool	8	\$25/35	11/8
Paddleboard Yoga	F314	Fri 8:45PM-9:35PM	Amy	Lap Pool	8	\$25/35	11/15
Paddleboard Yoga	F315	Fri 8:45PM-9:35PM	Amy	Lap Pool	8	\$25/35	11/22

Registration deadline: 7 days prior to start date of class.
Additional \$5 fee will be charged after registration deadline.

Skip dates: 11/28-12/1, 12/24-12/25 and classes that start before 9 a.m. on 12/26.

Specialty Fitness Classes

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

Fall Session I Begins: Sept. 3

Fall Session II Begins: Oct. 29

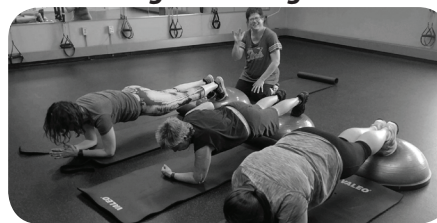
Register at least one week prior to class start date to avoid late fee

For class dates, times or to register, call 651-450-2480 or visit:

www.invergroveheights.org/register

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

Classes are subject to change based on staff availability and participant registration.



CLASS TITLE	DESCRIPTION	SESSION FEES MEMBER/NON-MEMBER
Back to Balance	Designed for individuals who would like to improve balance and coordination to aid them in everyday activities.	\$39/\$59 (8-50 min. sessions)
Boot Camp/Outdoor Boot Camp (60 min.)	Trainers will push you to achieve your fitness goals with fun, challenging workouts utilizing a variety of equipment including TRX, kettlebells and battle ropes. Stay motivated and work as a team to burn mega calories!	\$39/\$59 (BC: 8-60 min. sessions) \$59/\$99
Boot Camp Express (40 min.)	<i>Note: Outdoor Boot Camp takes place at South Valley Park</i>	(BC: 16-60 min. sessions; BCE: 24-40 min. sessions)
Boxing Camp	Swing bells 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	Utilize TRX, Kettle Bell, Bosu and stability balls to improve your core in 30 min.	\$25/\$35 (8-30 min sessions)
Core for Performance	Utilize TRX, Kettlebells, BosuBalls and other equipment to improve core strength and improve your golf swing and other athletic performances.	\$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	Makeover your body, improve your wellness and nutrition. Each session includes 45 minutes of low impact strength and cardio & 15 minutes of nutrition, wellness, and stretching. Participants set weekly goals, journal, and support each other.	\$59/\$99 (16-60 min. sessions)
Strength Training Circuit	Work with a certified trainer in a small group setting to effectively strengthen your muscles. Learn proper format and technique.	\$59/\$99 (16-50 min. sessions)
Triathlon Training	Prepare for indoor or outdoor triathlons. Each class will be 30 minutes of strength training, 30 minutes of cardio & 20 minutes of swimming.	\$79/\$129 (16-80 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)
Tai Chi for Beginners	Learn the first eight moves of the Sun Style Tai Chi for Arthritis sequence. Strengthen legs, improve balance and relax!	\$39/\$59 (8-50 min. sessions)
QiGong for Beginners	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.	\$39/\$59 (8-50 min. sessions)
Walk with Ease	A certified personal trainer will: Warm you up, stretch you out, and help you set and achieve walking goals. Meet others who like to walk and wish to improve their endurance and strength. Class will include some upper body strengthening with resistance bands and a journal to utilize during class. **New: Class will now have the option to utilize our Nordic Walking Poles. Prizes for those who attend all the sessions.	\$39/\$59 (8-50 min. sessions)

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