

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



|                           |      |                   |              |                |    |          |             |
|---------------------------|------|-------------------|--------------|----------------|----|----------|-------------|
| Back to Balance           | F122 | T/Th 11-11:50AM   | Shari/Kayla  | Studio         | 8  | \$39/59  | 10/29-11/21 |
| Back to Balance           | F123 | T/Th 11-11:50AM   | Shari/Kayla  | Studio         | 8  | \$39/59  | 12/3-12/31  |
| Boot Camp Express         | F106 | M,W,F 5:15-5:55AM | Joanna       | Studio         | 24 | \$59/99  | 10/30-12/27 |
| Boot Camp Express         | F107 | M,W,F 6-6:40AM    | Joanna       | Studio         | 24 | \$59/99  | 10/30-12/27 |
| Boot Camp                 | F108 | MW 9:30-10:30AM   | Claudia      | NG Gym         | 16 | \$59/99  | 10/30-12/23 |
| Boot Camp                 | F109 | MW 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 10:45-11:15AM | Tania        | Grove 2        | 8  | \$25/35  | 11/1-12/27  |
| Core for Performance      | F232 | MW 12-12:50PM     | Claudia      | Grove 2        | 16 | \$59/99  | 10/30-12/23 |
| Food & Fitness            | F251 | Th 10-11AM        | Kayla        | Grove 2        | 8  | \$45/65  | 10/31-12/26 |
| Instafit ages (8-14)      | F162 | T/Th 6:30-7:20PM  | Mackenzie    | Comm 1         | 8  | \$35/55  | 10/29-11/21 |
| Instafit ages (8-14)      | F163 | T/Th 6:30-7:20PM  | Mackenzie    | Comm 1         | 8  | \$35/55  | 11/26-12/26 |
| Qigong for Beginners      | F186 | Th 12-12:50PM     | Sandy        | Studio         | 8  | \$39/59  | 10/31-12/26 |
| Strength Training Circuit | F134 | T/Th 6:30-7:20PM  | Joanna       | Grove 2        | 16 | \$59/99  | 10/29-12/26 |
| Strength Training Circuit | F135 | MW 10:40-11:20AM  | Claudia      | Fitness Center | 16 | \$59/99  | 10/30-12/23 |
| Tai Chi for Beginners     | F180 | Tu 12-12:50PM     | Eileen       | Studio         | 8  | \$39/59  | 10/29-12/17 |
| Tai Chi for Beginners     | F181 | Sat 11-11:50AM    | Sandy        | Grove 2        | 8  | \$39/59  | 11/2-12/28  |
| Triathlon Training        | F200 | T/Th 5:10-6:40AM  | Shari        | Grove 2        | 16 | \$79/129 | 10/29-12/31 |
| TRX Bell                  | F214 | Tu/Th 7-7:50AM    | Joanna       | Grove 2        | 16 | \$59/99  | 10/29-12/31 |
| TRX Bell                  | F215 | Tu/Th 8-8:50AM    | Joanna       | 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  |
| Walk with Ease            | F242 | MW 11-11:50AM     | Joanna/Kayla | Track          | 8  | \$39/59  | 10/30-11/25 |
| Walk with Ease            | F243 | MW 11-11:50AM     | Joanna/Kayla | Track          | 8  | \$39/59  | 12/2-12/30  |

**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**

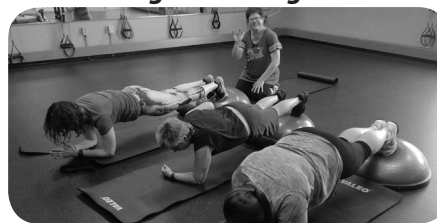
Register at least one week prior to class start date to avoid late fee

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

[www.invergroveheights.org/register](http://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<br>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<br>(8-50 min. sessions)                   |
| Boot Camp/Outdoor<br>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<br>(BC: 8-60 min. sessions)<br>\$59/\$99  |
| Boot Camp Express<br>(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<br>(8-60 min. sessions)                   |
| Core Express                             | Utilize TRX, Kettle Bell, Bosu and stability balls to improve your core in 30 min.  | \$25/\$35<br>(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<br>(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<br>(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<br>(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<br>(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<br>(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<br>(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<br>(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<br>(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. <b>**New: Class will now have the option to utilize our Nordic Walking Poles.</b> Prizes for those who attend all the sessions. | \$39/\$59<br>(8-50 min. sessions)                   |

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