

FITNESS

NOT ALL EXERCISE PROGRAMS ARE SUITABLE FOR EVERYONE, PLEASE CONSULT YOUR PHYSICIAN BEFORE STARTING A NEW PROGRAM.

**Hoop it Up! Hula Hoop Fitness**

Ages: 16 & Older

Plymouth Creek Center, 14800 34th Ave

Hoop it up—fun fitness for everyone! Stretch, strengthen and tone your entire body while hooping to energizing music. Hoops are provided and are also available for purchase if desired. Instr: Annette Fragale.

Course #: 38158  
 Day: Thursday  
 Date: Jan 19  
 Time: 6:00 p.m. – 7:30 p.m.  
 Cost: Res \$16 Non-Res \$19

**Jacki's Aerobic Dancing**

Ages: 16 & Older

The Whole Learning School, 12325 Hwy 55

Fitness sport that combines the benefits of exercise with the fun of dancing. Includes stretching and abdominal work, muscle toning and strengthening, aerobic segment and cool down. We emphasize fun! Instr: Mary Anne Young.

Day: Mon, Wed  
 Time: 8:00 a.m. – 9:00 a.m.  
 Cost: Res \$63 Non-Res \$72

Course #: 38175  
 Date: Jan 9 – Feb 22  
 No Program: 2/1

Course #: 38176  
 Date: Feb 27 – Apr 11

**Kettlebell Training**

Ages: 18 & Older

Plymouth Creek Center, 14800 34th Ave

A challenging fitness program that is becoming a favorite for busy men and women! Gain muscle strength, power, energy and burn calories. Wear loose clothes, bring water and your own bells if you have them (18, 26 or 36 lb). Training done in bare feet. Certified Instr: Roxanne Altmeyer.

Day: Tuesday  
 Time: 6:30 p.m. – 7:30 p.m.  
 Cost: Res \$86 Non-Res \$99

Course #: 38253  
 Date: Jan 17 – Feb 21

Course #: 38156  
 Date: Feb 28 – Apr 3

**Personal Training**

Ages: 15 & Older

Receive one-on-one guidance and support from a certified personal trainer. Design a workout plan that is right for you including weight loss, general fitness, sports performance, body sculpting and toning, core strength, nutrition, flexibility and balance. Sessions are 60 minutes, held at either your home or a park facility (depending on availability). Small group training also available. Instr: Mollie Kreibich, NSCA-CPT certified.

For more information or to register for personal training sessions, please call 763-509-5225.

1 Session \$80  
 6 Sessions \$450 (save \$30)

**Tai Chi for Health**

Ages: 16 & Older

Plymouth Creek Center, 14800 34th Ave

A gentle, slow-moving form of exercise, easy to learn and a safe exercise for all ages. Helps increase strength, flexibility and balance, reduces stress and promotes relaxation. Wear comfortable clothes that allow movement. Approved by the Arthritis Foundation. Certified Instr: Cindy Bergstrom. Classes may be held outside in the Spring or Summer pending weather.

Course #: 38018  
 Day: Wednesday  
 Date: Jan 11 – Feb 22  
 Time: 5:30 p.m. – 6:30 p.m.  
 Cost: Res \$46 Non-Res \$55

**Strength and Stability**

Ages: 16 & Older

Plymouth Creek Center, 14800 34th Ave

A complete class that incorporates many of the components of fitness. This class begins with fun yet challenging cardio moves to work your heart muscle and burn fat for fuel. The next stage uses resistance bands and hand weights to build muscle mass. Core work, standing and on the floor taps into the abdominal muscles to improve strength, balance and posture. A rejuvenating cool down completes your fitness conditioning.

Day: Tuesday  
 Time: 5:30 p.m. – 6:30 p.m.

Course #: 38084  
 Date: Jan 17 – Feb 21  
 Cost: Res \$44 Non-Res \$53

Course #: 38085  
 Date: Mar 6 – Apr 10  
 Cost: Res \$41 Non-Res \$49



**Pro-Roller Pilates Workshop**

Ages: 15 – 80

OPTP Training Room, 3800 Annapolis Ln Suite 165

This program targets strength and flexibility while decreasing stress and tension. Enhanced pilates exercise with the Pro-Roller. Increase body awareness, improve posture, core strength, balance and breathing. Receive an instruction book (\$10 value). Pro-Roller provided. Bring a mat. Certified Instr: Angela Kneale.

Course #: 38199  
 Day: Wednesday  
 Date: Feb 1  
 Time: 5:30 p.m. – 7:00 p.m.  
 Cost: Res \$30 Non-Res \$38

**Sanctband® Pilates Workshop**

Ages: 18 & Older

OPTP Training Room, 3800 Annapolis Ln Suite 165

Adding Sanctband® to Pilates exercise invites movements that are fun and enjoyable, replicates many of the exercises performed on Pilates equipment, provides progressive resistance for efficient strengthening and conditioning, improves posture and flexibility, and emphasizes whole body integration. Sanctband® Pilates Essentials book and resistive band included in course fee.

Course #: 38290  
 Day: Wednesday  
 Date: Jan 18  
 Time: 5:30 p.m. – 7:00 p.m.  
 Cost: Res \$30 Non-Res \$38