

FITNESS

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

PILATES PLUS

Ages: 16 & UP

Plymouth Creek Center, 14800 34th Ave

Work your body from inside out—stretching and strengthening! Improve posture, flexibility, body tone and stamina thru resistance bands and weights. Achieve the benefits you want without the expensive equipment. Bring a mat. Instr: Diane Gusek.

MORNING SESSIONS

Day: Tue, Thu
Time: 9:00 a.m. – 10:00 a.m.
Cost: Res \$114 Non-Res \$125

Course #: 35186
Date: Jan 11 – Feb 24

Course #: 35188
Date: Mar 1 – Apr 21
No Program: 3/15, 3/17

EVENING SESSIONS

Day: Thursday
Time: 6:30 p.m. – 7:30 p.m.
Cost: Res \$57 Non-Res \$66

Course #: 35187
Date: Jan 13 – Feb 24

Course #: 35189
Date: Mar 3 – Apr 21
No Program: 3/17

REFORMER PILATES: BEGINNER

Ages: 18 & UP

Pilates MN, 864 E Lake St; Wayzata

Start with a fitness assessment, learn basic pilates exercises on the REFORMER that will improve your strength, flexibility, breathing, posture, balance and alignment! Instr: Pamela Hasselbring.

Cost: Res \$114 Non-Res \$125

AFTERNOON SESSIONS

Day: Saturday
Time: 12:30 p.m. – 1:25 p.m.

Course #: 34862 (intro)
Date: Jan 8 – Feb 12

Course #: 34863 (advanced intro)
Date: Feb 19 – Mar 26

EVENING SESSIONS

Day: Monday
Time: 6:30 p.m. – 7:25 p.m.

Course #: 34860 (intro)
Date: Jan 10 – Feb 14

Course #: 34861 (advanced intro)
Date: Feb 21 – Mar 28

PRO-ROLLER PILATES WORKSHOP

Ages: 15 – 80

Plymouth Creek Center, 14800 34th Ave

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 Pro-Roller instruction book (\$10 value). Pro-Roller provided. Bring a mat. Certified Instr: Angela Kneale.

Day: Wednesday
Time: 5:30 p.m. – 7:00 p.m.
Cost: Res \$35 Non-Res \$42

Course #: 35360
Date: Jan 19

Course #: 35361
Date: Feb 2



ZUMBA

Ages: 16 & UP

Plymouth Creek Center, 14800 34th Ave

An exciting new workout that's sweeping the nation! Zumba is easy, aerobic and lots of fun. Dance fitness that fuses Latin rhythms with easy-to-follow moves. A dynamic, complete body workout with an emphasis on arms, legs, abdominal and the most important muscle—the heart! Instr: Luisa Fuentes-Tuel.

MONDAY - LEVEL 1

Cost: Res \$44 Non-Res \$53

Course #: 35153
Date: Jan 10 – Feb 21
Time: 5:30 p.m. – 6:30 p.m.

Course #: 35159
Date: Jan 10 – Feb 21
Time: 6:45 p.m. – 7:45 p.m.

Course #: 35154
Date: Feb 28 – Apr 11
Time: 5:30 p.m. – 6:30 p.m.

Course #: 35277
Date: Feb 28 – Apr 11
Time: 6:45 p.m. – 7:45 p.m.

STROLLER STRIDES

Ages: 18 & UP

Plymouth Creek Center, 14800 34th Ave

Total fitness program for moms with stroller age children. Includes power walking, body toning and your child in a stroller (no babysitter needed). Body toning equipment provided. Dress comfortably in layers as temperatures in dome fluctuate.

Time: 9:15 a.m. – 10:15 a.m.
Cost: Res \$49 Non-Res \$59

Course #: 35256
Day: Monday
Date: Jan 10 – Feb 21

Course #: 35255
Day: Tuesday
Date: Jan 11 – Feb 22

Course #: 35258
Day: Monday
Date: Feb 28 – Apr 11

Course #: 35257
Day: Tuesday
Date: Mar 1 – Apr 12

FRIDAY - LEVEL 1

Time: 5:30 p.m. – 6:30 p.m.
Cost: Res \$38 Non-Res \$45

Course #: 35155
Date: Jan 14 – Feb 25
No Program: 2/11

Course #: 35156
Date: Mar 4 – Apr 15
No Program: 3/18

TUESDAY - LEVEL 2

Cost: Res \$44 Non-Res \$53
Time: 6:45 p.m. – 7:45 p.m.

Course #: 35157
Date: Jan 11 – Feb 22

Course #: 35158
Date: Mar 1 – Apr 12

