

Adult Fitness

Water Aerobics

Monday & Wednesday 6:30 – 7:30 p.m.

This is a great opportunity for adults to get involved in a regular program of simple water exercises for health and fitness. The program includes activities to develop greater muscle tone and endurance. Classes will be held at the Fridley Middle School located at 6100 West Moore Lake Drive. Locker room facilities are available. Participants should bring their own towel. Min/max: 6/18

Activity #	Day	Dates	Fee
384101-1	M	Jun 11 – Jul 9	\$30
384101-2	W	Jun 13 – Jul 18	\$30
384101-3	M	Jul 30 – Aug 27	\$30
384101-4	W	Aug 1 – Aug 29	\$30

No class Wednesday, July 4th

**Increase your muscle tone,
and keep up your metabolism!**

Dancersize (Low Impact Cardio)

M/W 6:30 – 7:15 p.m.

This class combines various styles of dance and low impact cardio exercises into a fun workout! It is geared for those who have not been actively involved in a regular exercise program or who are just starting to exercise, and want a fun way to get back into good health. Participants will need to wear comfortable clothing and tennis shoes. Classes will be held at the Fridley Community Center, 6085 7th Street NE (lower level). Min/Max: 6/12

Activity #	Day	Dates	Fee
384202-1	M	Jun 11 – Jul 9	\$30
384202-2	W	Jun 13 – Jul 18	\$30
384202-3	M	Jul 23 – Aug 20	\$30
384202-4	W	Jul 25 – Aug 22	\$30

No class Wednesday, July 4th

Jazz Dance

M/W 7:30 – 8:15 p.m.

This energetic class is a structured jazz class for adults. Each class consists of a warm up, technique, across the floor combinations, and learning a routine. Jazz dance is great for muscle tone, and a healthy workout. Participants will need to wear comfortable clothing. Jazz shoes recommended - tennis shoes acceptable. Classes will be held at the Fridley Community Center, 6085 7th Street NE (lower level). Min/Max: 6/12

Activity #	Day	Dates	Fee
384203-1	M	Jun 11 – Jul 9	\$30
384203-2	W	Jun 13 – Jul 18	\$30
384203-3	M	Jul 23 – Aug 20	\$30
384203-4	W	Jul 25 – Aug 22	\$30

No class Wednesday, July 4th

ZUMBA



Tuesdays & Thursdays 6:30 – 7:30 p.m.

Ditch the workout, join the party with Darcy Fox! ZUMBA is a fusion of Latin and International music/dance with unique movement combinations to create a dynamic, exciting, total body workout. All ages, skill, and fitness levels are welcome! To tone and sculpt your body, ZUMBA uses principals of aerobic fitness interval training, a combination of fast and slow rhythms, and resistance training for maximum fat and calorie burn. No dance experience, no worries, this class is more about fun and the way you feel – are you ready to ZUMBA? Classes will be held at the Fridley Community Center, 6085 7th Street NE. Min/max: 6/30

Activity #	Day	Dates	Fee
384205-1	Tu	Jun 12 – Jul 17	\$30
384205-3	Tu	Jul 24 – Aug 28	\$36
384205-4	Th	Jul 26 – Aug 30	\$36

No class Tuesday, July 3rd

Virtually everybody enjoys being outdoors, especially in a pleasant environment. Often the most memorable life experiences are in a forest or at a sea shore – or just being outside. So it's not surprising that significant health and well-being benefits can be gained while enjoying and being in nature. Time in nature is not only a leisure time. It's an essential investment in our health and the health of our children – an essential investment in the health of everybody.

Springbrook Nature Center has 3 miles of hiking trails, several benches along trails, several lookout areas and a Meditation Garden. All these places allow for quiet time in nature in addition to mild physical exercise while walking between places. Check us out! We are located off of 85th Avenue, just west of Northtown Shopping Center (100 - 85th Avenue NE, Fridley).