

Richfield Recreation Services

Adult Fitness Classes - Spring & Summer 2010

Jazzercise

Instructor: Jackie Olson, Jazzercise Certified

Jazzercise combines jazz dance, Pilates, kick-boxing, yoga and body sculpting for an energizing, motivating workout! Registrations are handled at the door. Call the Jazzercise hotline number, 952-882-6621, for current schedules. Classes are ongoing. Come to class a little early to join anytime!

Monday's & Wednesday's 6:30 – 7:30 pm March 1 – September 1 (no class May 31)

Location: Richfield Intermediate School

Saturday's 8:30 – 9:30 am March 6 – August 28

Location: Richfield Community Center

Fee: 1 month unlimited \$32 (with EFT) / 16 classes \$65 (4 month expiration) / 6 weeks unlimited \$60 / 1 class \$7

Kettlebells – Get Strong, Stay Strong

Instructor: James Neidlinger, RKS, FMS, Lvl 1 Z-Health Certified

Turn Fat to Fit, Turn Back the Clock, Turn Some Heads—The kettlebell looks like a cannon ball with a handle and is possibly one of the best fitness tools ever used. This ancient tool is like a handheld gym, you only need one kettlebell, a few simple exercises, and a little space to transform your body and take back your fitness. Learn to Swing, Press, Squat, Get Up and never have to pay for a gym membership again. Kettlebell's will be available in class or if you would prefer to have your own kettlebell's will be available for sale. Great for individual workouts, show up on the day and time that works for you, pay per class at the door or purchase a punch card!



Monday's March 1 – August 30 (no class May 31 or July 5)

6:30 – 8:00 pm \$15 per class

Tuesday's March 2 – August 31

12:15 – 12:45 pm \$10 per class

Thursday's March 4 – August 26

12:15 – 12:45 pm \$10 per class

Location: Richfield Art Center (64th & Portland)

Pilates

Instructor: Stephanie Stockton, Bally's Certified

Pilates is a different form of exercise. Instead of performing many repetitions of each exercise, you do fewer, more precise movements, requiring proper control and form. It is a mind and body exercise emphasizing stretching and strengthening the muscles and relaxation with proper breathing and form while executing the movements. Benefits may include improvement in coordination, flexibility, posture, balance and body awareness. Bring a mat. Min. 9, Max. 20

5635 Tuesday's March 30 – May 18 10:00 – 11:00 am \$44 (8 classes)

5636 Thursday's April 1 – May 20 6:45 – 7:45 pm \$44 (8 classes)

5701 Thursday's June 10—July 29 6:45—7:45pm \$44 (8 classes)

Location: Richfield Community Center

After March 23 Spring class fee is \$49; After June 3 Summer class fee \$49

Fitness Yoga

Instructor: Annette Fragale, Yoga Fit

This FUN yoga class is a wonderful way to stretch, increase flexibility and strength, reduce stress and relax the mind and body. Gentle stretches and postures. Bring a mat. Min. 10, Max. 20

5637 Wednesday's April 7 – May 26 10:00 – 11:00 am \$44 (8 classes)

Location: Richfield Community Center

After March 31 class fee \$49

Over 50 & Fit Group Exercise

This is a low-impact exercise class following video instruction. Min. 5, Max. 25

5611 Monday & Friday March 22 – May 28 8:40 – 9:40 am \$15

5612 Monday & Friday June 7—August 27 8:40—9:40 am \$15

Location: Richfield Community Center (no class July 5)



Fitness classes marked with the "Senior Friendly" symbol are perfect for active seniors!

How to Register... Register online at www.richfieldrecreation.com; by phone with a credit card at 612-861-9385 or in person at 7000 Nicollet Ave, Richfield, MN 55423 Office Hours: Monday—Friday 8:30 am—5:00 pm
Questions about these programs? Please call Kelly at 612-861-9361



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Cardio Blast

Instructor: Susie Luttenegger, ACE Certified

A cardio workout for active individuals who want a moderate exercise program. Min. 15, Max. 30

- # 5133 Monday & Wednesday April 5 – June 2 5:30 – 6:20 pm
(no class May 31) \$57 two days wk (17 classes) \$30 one day wk (9 classes)
- # 5132 Tuesday & Thursday April 6 – June 3 9:00 – 9:50 am
\$60 two days wk (18 classes) \$30 one day wk (9 classes)

Location: Richfield Community Center

After March 29 class fee \$65 two days / \$35 one day



The Wet Work Out

Instructor: Susie Luttenegger, ACE Certified—This water exercise class emphasizes stretching, flexibility, strength building and cardiovascular fitness. Min. 22, Max. 35 per day

SPRING Wet Work Out

- # 5693 Monday & Wednesday April 5 – June 2 9:45—10:35 am
17 Classes \$86 (After March 29 class fee \$91)
- # 5692 Monday Only April 5 – May 24 9:45—10:35 am
8 Classes \$41 (After March 29 class fee \$46)
- # 5691 Wednesday Only April 7 – June 2 9:45—10:35 am
9 Classes \$46 (After March 31 class fee \$51)
- # 5690 Monday, Wednesday, Friday April 5 – June 4
26 Classes \$128 (After March 29 class fee \$133)
- Mon & Wed Class 9:45 – 10:35 am / Friday Class 9:45 – 10:15 am

No Class Monday, May 31

Location: Richfield Middle School Pool (7461 Oliver Ave S)

SUMMER Wet Work Out

- # 5695 Monday & Wednesday June 21 – August 25 12:15—1:05 pm
20 Classes \$105 (After June 14 class fee \$110)
- # 5694 Monday Only June 21 – August 23 12:15—1:05 pm
10 Classes \$53 (After June 14 class fee \$58)
- # 5697 Wednesday Only June 23 – August 25 12:15—1:05 pm
10 Classes \$53 (After June 16 class fee \$58)
- # 5696 Monday, Wednesday, Thursday June 21 – August 26
30 Classes \$151 (After June 14 class fee \$156)
- Mon & Wed Class 12:15 – 1:05 pm / Thursday Class 12:30 – 1:00 pm

Location: Richfield Middle School Pool (7461 Oliver Ave S)



Walk & Roll Water Workout

Instructor: Susie Luttenegger, ACE Certified—This class is a waling and aerobics routine designed for active adults looking for low impact exercise. Min. 15, Max. 35

- # 5699 Friday April 9 – June 4 9:45 – 10:15 am
9 Classes \$42 (After March 31 class fee \$47)
- #5700 Thursday June 24—August 26 12:30—1:00 pm
10 Classes \$46 (After June 18 class fee \$51)

Location: Richfield Middle School Pool (7461 Oliver Ave S)

Summer Strength, Stretch & Relax Body Fitness

Instructor: Susie Luttenegger, ACE Certified—Strength, stretch and relaxation exercise. Work with light hand held weights, weighted balls, stretch bands and dyna-bands. End with light yoga and relaxing music. Min. 15, Max. 30

- #5638 Thursday June 24—August 26 9:00—9:50 am
10 Classes \$33 (After June 17 class fee \$38)

Location: Richfield Community Center



Walkersize

Instructor: Susie Luttenegger, ACE Certified—Warm up, walk and cool down, all in the fresh outdoors!

- #5698 Monday & Wednesday June 21—August 25 5:30—6:25 pm \$66 (20 Classes)
Location: Richfield High School Track (After June 14 class fee \$71)

Class will meet at the Richfield Community Center on high humidity or rain dates.

