



Brooklyn Center Community Center
 6301 Shingle Creek Parkway
 763-569-3400
www.cityofbrooklyncenter.org/fitness

Fitness Class Schedule

WINTER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Aerobic Fit/Fun 60+ #302201-01 Judy 9:30 - 10:20 am 1/7 - 3/11		SilverSneakers® Cardio #302302-01 Judy 9 - 9:50 am 1/9 - 3/13 No class 2/27		SilverSneakers® Cardio Fit #302302-02 Stephanie 10 - 10:50 am 1/11 - 3/22	Zumba® #302209-01 Lenka 9 - 10 am 1/12 - 3/23
SilverSneakers® Classic #302301-01 Judy 10:30 - 11:20 am 1/7 - 3/11		SilverSneakers® Yoga #302303-01 Judy 10 - 10:50 am 1/9 - 3/13 No class 2/27	SilverSneakers® Classic #302301-02 Stephanie 1 - 1:50 pm 1/10 - 3/21 No Class 2/14	SilverSneakers® Yoga #302303-02 Stephanie 11:00 - 11:50 am 1/11 - 3/22	
Stepping On 302204-01 Judy & Barb 1 - 3 pm 1/28 - 3/11		Zumba Gold® #302210-01 Stephanie 4:30 - 5:20 pm 1/9 - 3/20	Strength Training #302205-01 Stephanie 2 - 2:50 pm 1/10 - 3/21 No Class 2/14		
Barre: Balance & Strength 302206-01 Melanie 6:15 - 7:15 pm 1/7 - 3/18 No Class 2/18		Body Sculpting #302202-01 Stephanie 5:30 - 6:30 pm 1/9 - 3/20	Cardio-Core Variety 302203-01 Stephanie 6:30 - 7:20 pm 1/10 - 3/21 No Class 2/14	<p> SilverSneakers® Silver&Fit® and Renew Active program participants are invited to workout in our exercise room, use the pool & sauna and participate in designated SilverSneakers®, Silver&Fit® and Renew Active fitness classes at no cost to eligible members. Non-members may participate in classes by paying the class fee. These classes are a great opportunity to get fit, have fun and make friends! </p>	
Yoga #302213-01 Melanie 7:15 - 8:15 pm 1/7 - 3/18 No Class 2/18					



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AQUA Fitness Class Schedule

WINTER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Aqua Shallow & Deep #302104-01 Michelle 9:45 - 10:35 am 1/7 - 3/4	Aqua Deep Water 302105-01 Michelle 9:45 - 10:35 am 1/8 - 3/19 No Class 3/12	Arthritis Water Exercise #302103-01 Heather 9 - 9:50 am 1/9 - 3/20	Aqua Shallow & Deep #302104-03 Michelle 9:45 - 10:35 am 1/10 - 3/21 No Class 2/14, 3/14	Aqua Zumba® #302107-02 Stephanie 8:45 - 9:30 am 1/11 - 3/22	Aqua Exercise #302102-05 Shared Inst. 8:15 - 9:05 am 1/12 - 3/23
			FITNESS DROP-IN CARDS This option is ideal for people who want to exercise but cannot commit to the same class every week or for those who like to change up what classes they attend. Card options for 1, 5, 8, 10 or 12 classes. Cards may be purchased for aqua or land fitness classes that have met the minimum number of registrations to hold the class and do not fill to capacity. With a drop-in card, you can start anytime... now there's no reason not to exercise with us! Cards are non-refundable and have an expiration date of one year from the date of purchase. <i>Please Note</i> - As a fitness drop-in participant, you will not be notified if a class is cancelled. If you have a question about the status of a class, call the customer service desk at 763-569-3400. Purchase Drop-In Cards in person at the Community Center front desk.		
		Arthritis Water Exercise #302103-02 Michelle 6:30 - 7:20 pm 1/9 - 3/20 No Class 3/13			
Aqua Zumba® #302107-01 Stephanie 7:15 - 8 pm 1/7 - 3/18		Aqua Shallow & Deep #302104-02 Michelle 7:25 - 8:15 pm 1/9 - 3/20 No Class 3/13			
	● SilverSneakers® ● Silver&Fit® ● Renew Active				

SENIOR DROP-IN CARD Ages 62 & older		DROP-IN CARD Adults through age 61	
# of Classes	Fee	# of Classes	Fee
12 Classes	\$54	12 Classes	\$60
10 Classes	\$46	10 Classes	\$51
8 Classes	\$37.60	8 Classes	\$41.60
5 Classes	\$24	5 Classes	\$26.50
1 Class	\$5	1 Class	\$5.50