



Brooklyn Center Community Center  
 6301 Shingle Creek Parkway  
 763-569-3400  
[www.cityofbrooklyncenter.org/fitness](http://www.cityofbrooklyncenter.org/fitness)

# Fitness Class Schedule

## FALL 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Aerobic Fit/Fun 60+</b> #202201-01 Judy 9:30 am 9/10 - 12/17		<b>SilverSneakers® Cardio Fit</b> #202302-01 Judy 9:00 am 9/12-12/19		<b>SilverSneakers® Cardio Fit</b> #202302-02 Stephanie 10:00 am 9/14-12/21 <b>No Class 11/23</b>	<b>Zumba®</b> #202209-01 Lenka 9:00 am 9/15 - 12/15 <b>No Class 11/24</b>
<b>SilverSneakers® Classic</b> #202301-01 Judy 10:30 am 9/10 - 12/17		<b>SilverSneakers® Yoga</b> #202303-01 Judy 10:00 am 9/12-12/19	<b>SilverSneakers® Classic</b> #202301-02 Stephanie 1:00 pm 9/13-12/20 <b>No Class 11/22</b>	<b>SilverSneakers® Yoga</b> #202303-02 Stephanie 11:00 am 9/14-12/21 <b>No Class 11/23</b>	
<b>Stepping On</b> 202204-01 Judy & Barb 1:00 pm - 3:00 pm 10/1 - 11/12		<b>Zumba Gold®</b> #202210-01 Stephanie 4:30 pm 9/12 - 12/19 <b>No Class 10/31, 11/21</b>	<b>Strength Training</b> #202205-01 Stephanie 2:00 pm 9/13 - 12/20 <b>No Class 11/22</b>		
<b>Strength Training, Core Stabilization &amp; Balance</b> 202206-01 Melanie 6:15 pm 9/10 - 12/17 <b>No Class 11/5</b>		<b>Body Sculpting</b> #202202-01 Stephanie 5:30 pm 9/12 - 12/19 <b>No Class 10/31, 11/21</b>	<b>Yoga</b> #202213-02 Cassie 5:15 pm 9/13 - 12/20 <b>No Class 10/11,10/18 and 11/22</b>	<b>SilverSneakers®</b> and <b>Silver&amp;Fit®</b> program participants are invited to workout in our exercise room, use the pool & sauna and participate in designated <b>SilverSneakers®</b> and <b>Silver&amp;Fit®</b> fitness classes at no cost to eligible members. Non-members may participate in <b>SilverSneakers®</b> and <b>Silver&amp;Fit®</b> classes by paying the fee. These classes are a great opportunity to get fit, have fun and make friends!	
<b>Yoga</b> #202213-01 Melanie 7:15 pm 9/10 - 12/17 <b>No Class 11/5</b>		<b>Afro-Beats Workout</b> #202212-01 Korma 6:15 pm 9/12 - 12/12 <b>No Class 10/31</b>	<b>Cardio-Core Variety</b> 202203-01 Stephanie 6:30 pm 9/13 - 12/20 <b>No Class 11/22</b>		



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# AQUA Fitness Class Schedule

## FALL 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Aqua Shallow &amp; Deep</b> #202104-01 ● Michelle ● 9:45 am ● 9/10 - 12/17	<b>Aqua Deep Water</b> 202105-01 ● Michelle ● 9:45 am ● 9/11 - 12/18	<b>Arthritis Water Exercise</b> #202103-01 ● Heather ● 9:00 am ● 9/12 - 12/19 <b>No Class 10/17, 10/24</b>	<b>Aqua Shallow &amp; Deep</b> #202104-03 ● Michelle ● 9:45 am ● 9/13 - 12/20 <b>No Class 10/18, 11/22</b>	<b>Aqua Zumba®</b> #202107-02 ● Stephanie ● 8:45 am ● 9/21 - 12/21 <b>No Class 11/23</b>	<b>Aqua Exercise</b> #202102-05 ● Shared Inst. ● 8:15 am ● 9/15 - 12/15 <b>No Class 11/24</b>
<b>Aqua Exercise</b> #202102-01 ● Michelle ● 10:45 am ● 9/10 - 12/17			<b>Aqua Exercise</b> #202102-03 ● Michelle ● 10:45 am ● 9/13 - 12/20 <b>No Class 10/18, 11/22</b>	<b>Live Your Life™</b> 202106-01 Dr. Eva Norman 9:30 am 9/28 - 12/14 <b>No Class 11/9, 11/23</b>	
		<b>Arthritis Water Exercise</b> #202103-02 ● Cassie/Michelle ● 6:30 pm ● 9/12 - 12/19 <b>No Class 10/31, 11/21</b>		● SilverSneakers®  ● Silver&Fit®	
<b>Aqua Zumba®</b> #202107-01 ● Stephanie ● 7:15 pm ● 9/10 - 12/17		<b>Aqua Shallow &amp; Deep</b> #202104-02 ● Cassie/Michelle ● 7:25 pm ● 9/12 - 12/19 <b>No Class 10/31, 11/21</b>			

### 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.

**Please Note** - 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.

SENIOR DROP-IN CARD Ages 62 & older		DROP-IN CARD Adults through age 61	
# of Classes	Fee	# of Classes	Fee
12 Classes	\$50	12 Classes	\$56
10 Classes	\$42	10 Classes	\$47
8 Classes	\$34	8 Classes	\$38
5 Classes	\$21.50	5 Classes	\$24
1 Class	\$4.50	1 Class	\$5