



Brooklyn Center Community Center  
 6301 Shingle Creek Parkway  
 763-569-3400

[www.cityofbrooklyncenter.org/fitness](http://www.cityofbrooklyncenter.org/fitness)

# Fitness Class Schedule

## SUMMER 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Aerobic Fit/Fun 60+</b> #102201-01 Judy ● 9:30 am ● 6/4 - 8/20 <b>No Class 7/2</b>		<b>SilverSneakers® Cardio</b> #102302-01 Judy ● 9:00 am ● 6/13 - 8/22 <b>No Class 7/4</b>	<b>Walking Club</b> #102208-01 Stephanie ● 8:00 am ● 6/14 - 8/13 <b>No Class 7/5</b> <i>Cancelled</i>	<b>SilverSneakers® Cardio</b> #102302-02 Stephanie ● 9:30 am ● 6/8 - 8/24 <b>No Class 7/6</b>	<b>Zumba® in Centennial Park</b> #102209-01 Lenka ● 9:00 am ● 6/9 - 8/25 <b>No Class 6/30, 7/28</b> <i>Free</i>
<b>SilverSneakers® Classic</b> #102301-01 Judy ● 10:30 am ● 6/4 - 8/20 <b>No Class 7/2</b>		<b>SilverSneakers® Yoga</b> #102303-01 Judy ● 10:00 am ● 6/13 - 8/22 <b>No Class 7/4</b>	<b>SilverSneakers® Classic</b> #102301-02 Stephanie ● 9:30 am ● 6/14 - 8/23 <b>No Class 7/5</b>	<b>SilverSneakers® Yoga</b> #102303-02 Stephanie ● 10:30 am ● 6/8 - 8/24 <b>No Class 7/6</b>	<b>Zumba® KIDS in Centennial Park</b> #101401-01 Lenka ● 10:15 am ● 6/9 - 8/25 <b>No Class 6/30, 7/28</b> <i>Free</i>
<b>Afro-Body Movements for KIDS in Evergreen Park</b> #101402-01 Korma ● 6:30 pm ● 6/11 - 8/20 <b>No Class 7/2, 7/30</b> <i>Free</i>		<b>Zumba Gold®</b> #102210-01 Stephanie ● 4:30 pm ● 6/6 - 8/22 <b>No Class 7/4, 7/18</b>	<b>Strength Training</b> #102205-01 Stephanie ● 10:30 am ● 6/14 - 8/23 <b>No Class 7/5</b>		
<b>Afro-Beats Dance Workout in Evergreen Park</b> #102212-01 Korma ● 7:15 pm ● 6/11 - 8/20 <b>No Class 7/2, 7/30</b> <i>Free</i>		<b>Body Sculpting</b> #102202-01 Stephanie ● 5:30 pm ● 6/6 - 8/22 <b>No Class 7/4, 7/18</b>	<b>Yoga in Centennial Park</b> #102213-01 Cassie ● 7:00 pm ● 6/14 - 8/23 <b>No Class 7/5</b> <i>Free</i>		

**SilverSneakers®** ● and **Silver&Fit®** ● program participants are invited to workout in our exercise room, use the pool & sauna and participate in designated **SilverSneakers®** and **Silver&Fit®** fitness classes at no cost to eligible members. Non-members may participate in **SilverSneakers®** and **Silver&Fit®** classes by paying the fee. These classes are a great opportunity to get fit, have fun and make friends!



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# AQUA Fitness Class Schedule

## SUMMER 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Aqua Exercise</b> #102102-01 Heather 8:30 am 6/4 - 8/20 <b>No Class 7/2</b>	<b>Aqua Shallow &amp; Deep</b> 102104-03 Michelle 9:00 am 6/5 - 8/14 <b>No Class 7/3, 2 TBA</b>	<b>Arthritis Water Exercise</b> #102103-01 Heather 8:30 am 6/6 - 8/22 <b>No Class 7/4</b>	<b>Aqua Shallow &amp; Deep</b> #102104-02 Michelle 9:00 am 6/7 - 8/16 <b>No Class 7/5, 2 TBA</b>	<b>Aqua Zumba®</b> #102107-02 Stephanie 8:15 am 6/15 - 8/24 <b>No Class 7/6, 7/20</b>	<b>Aqua Exercise</b> #102102-05 Shared Inst. 8:15 am 6/9 - 8/18
	<b>Aqua Zumba®</b> #102107-01 Stephanie 6:30 pm 6/5 - 8/21 <b>No Class 7/3</b>	<b>Arthritis Water Exercise</b> #102103-02 Michelle/Cassie 6:30 pm 6/6 - 8/22 <b>No Class 7/4</b>		<b>SilverSneakers®</b>  <b>Silver&amp;Fit®</b>	
		<b>Aqua Shallow &amp; Deep</b> #102104-01 Michelle/Cassie 7:25 pm 6/6 - 8/22 <b>No Class 7/4</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. Questions, call 763-569-3400.

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.

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