

**Enjoy some big-time fun with a small group.**



## **Normandale Lake Group Fitness Program**

### **8 Week Series Begins Monday, July 21st**

Normandale Lake Office Park, in partnership with HealthFitness Corporation, is excited to run another session of group fitness classes! All levels are welcome.

All classes will be held in the group exercise studio in the 8000 building on the first floor. Stop by the registration tables and find out how to join in on the fun!

#### Registration:

Tuesday, July 15<sup>th</sup> from 9:00am – 11:00am @ 8400 Tower, 2<sup>nd</sup> Floor Lobby

Wednesday, July 16<sup>th</sup> from 1:00pm – 3:00pm @ 8000 Tower, Skyway Level

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
	<b>Yoga</b> 11:15-12:00pm		<b>Yoga</b> 11:15-12:00pm	
<b>Cardio Strength</b> 12:00-12:45pm		<b>Body Sculpt</b> 12:10-12:55pm	<b>Boot Camp</b> 12:10-12:55pm	<b>Zumba®</b> 12:00-12:45pm
<b>Yoga</b> 5:15-6:00pm		<b>Pilates</b> 5:15-6:00pm		

**Classes Run Monday July 21st – Friday September 12th.**

**\*Make up classes will be held the week of September 15th.**

*All classes are multi-level offering modifications for beginner, intermediate, or advanced participants.*

# Class Descriptions

- **Boot Camp:** Get ready to experience a boost of energy! Our boot camp program is designed to challenge all fitness levels, from beginners to athletes. This class is packed with fun and intense exercises tailored to all individuals who want to push their workout in a new way! You will be performing a wide variety of activities including calisthenics, resistance training and agility drills. Give your day a boost with this fast-paced, challenging, and effective workout!
- **Cardio Strength:** CSC features the most important piece of resistance equipment: you! Class format varies to maximize results and prevent boredom. In addition to your body weight, other fitness tools are used in new ways. Put your fitness to the test, or reshape your body with this great workout!
- **Pilates:** Work through a series of Pilates exercises focusing on controlled movements that engage your mind and body. Pilates will help promote core strength, primarily in the hips, back and abdominal region. Suited for beginner to advanced participants.
- **Body Sculpt:** Prepare to attack your muscles! This class uses slow and controlled movements and groups of exercises that pair major muscle groups to provide a total body toning workout. Get ready to perform a large quantity of repetitions in varying tempos to sculpt your muscles!
- **Yoga:** Experience a mind and body challenge through a powerful sequence of strength and balance with specific breathing patterns to help focus and clear the mind, along with increasing flexibility.
- **Zumba®:** A dynamic dance and fitness party. Easy to follow movements and an international zest to create a dynamic fitness class that will blow you away! Join us for a fun filled cardio experience!

## Class Pricing

**Class prices are determined by sessions attended. Weekly classes need to be chosen for the full 8-week sessions, as these are the classes you will attend throughout the session.**

**1 Class/Week:** \$7.00 (\$56 Total)

**2 Classes/Week:** \$5.50/class (\$88 Total)

**3 Classes/Week:** \$4.00/class (\$96 Total)

**4 Classes/Week:** \$4.00/class (\$128 Total)

**5 Classes/Week:** \$4.00/class (\$160 Total)

*Minimum of 8 participants required to offer a class*

**Questions? Contact Brittani Locke, Program Manager**

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