

## CRATER FITNESS HYBRID CLASS SCHEDULE -- *January 2021*

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>9AM Young at Heart</b> IN-studio/ZOOM (level II)</p> <p><b>10:30AM SilverFitness</b> IN-studio/ZOOM (Level I)</p>	<p><b>8AM Outdoor Intervals</b> <b>Outdoors</b> (Level II &amp; III)</p> <p><b>10:30AM Young at Heart</b> <b>Outdoors</b> (Level II) See starts below</p>	<p><b>9:15AM Pilates Mat</b> IN-studio/ZOOM w/ Bridgette (Level I, II, III)</p> <p><b>10:30AM Young at Heart</b> IN-studio/ZOOM (Level II)</p> <p><b>12:15PM FullBody Strength</b> IN-studio/ZOOM (Level II)</p>	<p><b>8:30AM IntegratedFlexibility</b> IN-studio/ZOOM (Level II)</p> <p><b>10:30AM Young at Heart</b> <b>Outdoor</b> (Level II) See starts below</p> <p><b>2:20PM Outdoor Intervals</b> <b>Outdoors</b> (Level II &amp; III) See starts below</p>	<p><b>8:30AM FullBody Strength</b> IN-studio/ZOOM (Level II &amp; III)</p> <p><b>10:30AM SilverFitness</b> IN-studio/ZOOM (Level I)</p> <p><i>Level key, Contact info and Descriptions are on the back of this page.</i></p> <p style="text-align: center;"><b>Please join us!</b></p>
<p><b>5:15PM FullBody Strength</b> IN-studio/ZOOM (Level II)</p>				

<b>Outdoor Young at Heart</b> (Level II) Meet here.....	<b>Outdoor Intervals</b> (Levels II & III) Meet here.....
<p><b>Tuesday 10:30 AM</b> Jan. 5 Luther College Regent's Center lot Jan. 12 Subway/Curves lot Jan. 19 Palisade's lower lot Jan. 26 Decorah Public Swimming Pool lot</p>	<p><b>Tuesday 8:00 AM</b> Jan. 5 Fish Hatchery Jan. 12 Van Peenan Park Jan. 19 Luther College Regent's Center lot Jan. 26 Dunning's Springs</p>
<p><b>Thursday 10:30 AM</b> Jan. 7 Crater Fitness Jan. 14 Soccer Fields Jan. 21 Fish Hatchery Jan. 28 Palisade's lower lot</p>	<p><b>Thursday 2:20 PM</b> Jan. 7 Dunning's Springs Jan. 14 Crater Fitness Jan. 21 Palisade's lower lot Jan. 28 Will Baker Park</p>

Please, pre-register - call or text 563-419-7018 or email: [jennifermikkelson70@gmail.com](mailto:jennifermikkelson70@gmail.com)

**Fitness Class Prices:**

- IN-Studio class - \$14/class
- ZOOM Live class - \$12/class
- ZOOM Recorded class - \$12/class
- Outdoor Group class - 11/class

\*At the end of the month, a statement for your completed classes is emailed to you.

Payment can be sent to: 1315 360th St. Dorchester, IA 52140 or you can bring it to your class. ~ Thank you!

**Fitness Level Key:**

- Level I - Fundamental/beginner
- Level II - Moderate
- Level III - Challenging/advanced

Contact: **Crater Fitness LLC** Jennifer Mikkelson A.C.E. cert Trainer/Owner  
 (563)419-7018 web site: CraterFitness.com  
 Email: jennifermikkelson70@gmail.com

**Class Descriptions:**

IN-Studio - Athletes can count on a safe workout space. Class size is limited. Face coverings are required along with cleaning protocols. Our workout programs are performed in our own “zones”. Refer to the Fitness level key for appropriate level. Contact Jennifer to reserve your spot!

ZOOM - Join us from the comfort of your own personal home. Contact Jennifer for a zoom invite and password. Things to gather for your home workout space include: mat, towel, various dumbbells, stretchy bands, stability ball, mini ball, chair & step. We do not use everything in each workout....but it’s good to have these items available.

Full-Body Strength Strength training exercises that target different parts of the body with little to no rest between exercises. Each workout offers variety and strives to get all the major muscle groups working together: the abs, hips, legs, back, and arms for maximum body movement.

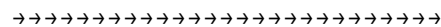
Integrated Flexibility From your neck, to your back, to your legs, glutes & more... Stretching is essential for strength, muscle balance, tension, stress & daily routine performance. Active & static stretching as well as flowing yoga movements are included. No need to be flexible to join this class. Classes are offered IN the studio or you can workout at home via ZOOM .

Outdoor Intervals the group meets at various locations in Decorah. See schedule on front page. We walk & hike the Decorah Crater hills & trails - in sunshine, snow, & sometimes rain! We cover approximately 3-4 miles in an hour. Dress appropriately for weather, footwear, and movement. Join us!

Young at Heart - This class is part of a healthy lifestyle that builds relationships, as well as, stronger joints & muscles --- better fitness!

- a. Full-Body Strength (In-Studio or ZOOM) - Large variety of movements for muscle & bone strength: upper body, hips, legs, ankle and core. Movements are performed standing or on the floor using a variety of tools from dumbbells, stretchy bands, body weight, stability balls, medicine balls, etc. . Face coverings are required along with cleaning protocols.
- b. Walk Outdoors - the group meets at various locations in Decorah. We intersperse walking with body-weight strengthening and flexibility. The distance is approx. 2 miles. See schedule. Dress for the weather. Have a water bottle ready when we are finished.

Silver Fitness (In-Studio or ZOOM) - Modified movement for seniors and individuals with special needs. Our mission is to strengthen muscles that help with posture, balance and mobility. Movements are performed seated and/or standing with hand weights, resistance bands and rubber balls. Participants can count on a safe workout space. Class size is limited. Please contact Jennifer for availability. We perform all movements on and around a chair. Face coverings are required along with cleaning protocols. Movement, range of motion, and friends! Join us for a great combination!



*NEW* Pilates Mat with Bridgette Mitchell - call or text 563-419-0269. Email: [pilatesfusion.bridgette@gmail.com](mailto:pilatesfusion.bridgette@gmail.com) STOTT certified. The foundations of Pilates are beneficial to all fitness levels. Pilates increases flexibility & strength of core muscles. It decreases pain in the neck, shoulders, back & hips. It improves posture, confidence & energy levels. Classes are offered IN-Studio and/or ZOOM as well as Individual appointment options.