

crater FITNESS CLASS SCHEDULE -- July 2021

The CDC has clarified that fully vaccinated people are safe to participate in indoor, high intensity exercise classes, without wearing a mask. Unvaccinated people should take preventative measures by wearing a mask & providing distance between others. Masks are now optional.

Monday	Tuesday	Wednesday	Thursday	Friday <i>No classes July 23</i>
9AM Young at Heart Full-Body Strength IN-studio/ZOOM (level II) 10:30AM SilverFitness IN-studio/ZOOM (Level I)	7:30AM Outdoor Intervals (Levels II & III) See starts below 10:30AM Young at Heart Circuit (Level II)	10:30AM Young at Heart Circuit (Level II)	8:30AM IntegratedFlexibility IN-studio/ZOOM (Level II) 10:30AM Young at Heart Outdoor (Level II) See starts below	8:30AM 90/60/30 Blast IN-studio/ZOOM (Level II & III) 10:30AM SilverFitness IN-studio/ZOOM (Level I)
5:15PM Circuit (Level II & III)		12:15PM Circuit (Level II & III) 5:15PM Pilates Mat IN-Studio/ZOOM w/ Bridgette (Levels I, II, & III)		<i>Descriptions are on the back of this page.</i> Please join us!

Outdoor Intervals (Level II & III) Meet here....	Young at Heart Outdoor (Levels II) Meet here.....
Tuesday 7:30AM July 6 Carlson Park July 13 Palisade's Park July 20 Phelp's Park July 27 Will Baker Park	Thursday 10:30AM July 1 Former Subway lot July 8 Soccer Fields July 15 Palisade's Park July 22 Carlson Park (carpool w/ someone-thanks!) July 29 Phelp's Park (Sack lunch after hiking)

<p>Please, pre-register - call or text 563-419-7018 or email: jennifermikkelson70@gmail.com</p>	
<p>Fitness Class Prices:</p> <p>IN-Studio class - \$14/class ZOOM Live class - \$12/class ZOOM Recorded class - \$12/class Outdoor Group class - \$11/class</p>	<p>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 class ~Thank you!</p>

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](http://www.CraterFitness.com)
Email: jennifermikkelson70@gmail.com

Class Descriptions:

IN-Studio - Athletes can count on a safe workout space. Class size is somewhat limited. Face coverings are now optional if vaccinated. If unvaccinated, the CDC recommends masks and social distancing precautions. Refer to the Fitness level key for appropriate level. Contact Jennifer to reserve your spot!

ZOOM - Zoom is an available option for a select few classes. 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.

Circuit It's back! Participants move throughout the studio from station to station. We share the use of various equipment using a timed format.

Full-Body Strength (Zoom option) 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 (Zoom option) 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.

90/60/30 Blast (Zoom option) An intense workout for individuals WANTing the push! Compound movements using full-body strength, explosive plyos, quick agility and balance.

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. Circuit - Participants move throughout the studio from station to station. Our workout consists of sharing various equipment at 12-15 stations. Emphasis is on core muscles, hips, legs, arms, balance, agility, flexibility and more!
- b. Full-Body Strength (ZOOM option) - 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.
- c. 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 (ZOOM option) - 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. Movement, range of motion, and friends! Join us for a great combination!

Pilates Mat with Bridgette Mitchell - call or text 563-419-0269. Email: 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.