

CRATER FITNESS HYBRID CLASS SCHEDULE -- OCTOBER 2020

Monday	Tuesday	Wednesday	Thursday	Friday
<p>9AM Young at Heart IN-studio/ZOOM (level II)</p> <p>10:30AM SilverFitness Outdoors (Level I) see starts below</p>	<p>8AM Outdoor Intervals Outdoors (Level II & III)</p> <p>10:30AM Young at Heart Outdoors (Level II) See starts below</p>	<p><i>NEW</i> 9:15AM Pilates Mat IN-studio/ZOOM w/ Bridgette (Level I, II, III)</p> <p>10:30AM Young at Heart IN-studio/ZOOM (Level II)</p> <p>12:15PM FullBody Strength IN-studio/ZOOM (Level II)</p>	<p>8:30AM IntegratedFlexibility IN-studio/ZOOM (Level II)</p> <p>10:30AM Young at Heart Outdoor (Level II) See starts below</p> <p>2:20PM Outdoor Intervals Outdoors (Level II & III) See starts below</p>	<p>8:30AM FullBody Strength IN-studio/ZOOM (Level II & III)</p> <p>10:30AM SilverFitness 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;">Please join us!</p>
<p>5:15PM FullBody Strength IN-studio/ZOOM (Level II)</p>				

Monday ~ Outdoor Class Starts	Tuesday ~ Outdoor Class Starts	Thursday ~ Outdoor Class Starts
<p>10:30AM SilverFitness (Level I)</p> <p>Oct. 5 Fish Hatchery Oct. 12 Phelp's Park Oct. 19 Fish Hatchery Oct. 26 Phelp's Park</p>	<p>8:00AM Outdoor Intervals (levels II & III)</p> <p>Oct. 6 Palisade's Oct. 13 5th Ave. Bridge parking lot Oct. 20 Will Baker Park Oct. 27 Dunning's Springs lot</p>	<p>10:30AM Young at Heart (Level II)</p> <p>Oct. 1 Hwys 9 & 52/Bike Bridge lot Oct. 8 Subway/Curves lot Oct. 15 Wold/Skate Park Oct. 22 Phelp's Park Oct. 29 Palisade's lower lot</p>
	<p>10:30AM Young at Heart (Level II)</p> <p>Oct. 6 Van Peenan (Quarry Hill Rd) Oct. 13 Fish Hatchery Oct. 20 Public Swimming Pool Oct. 27 Soccer Fields</p>	<p>2:20PM Outdoor Intervals (Levels II & III)</p> <p>Oct. 1 Van Peenan (Quarry Hill Rd) Oct. 8 Phelp's Park Oct. 15 Public Swimming pool Oct. 22 Fish Hatchery Oct. 29 Palisade's lower lot</p>

Please, pre-register - call or text 563-419-7018 or email: jennifermikkelson70@gmail.com

Prices:

Outdoor & ZOOM classes - \$10/class

In-Studio classes - \$12/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!

