


# CRATER FITNESS Functional Fitness

## June 2025



| Monday                                                                                                                                              | Tuesday                                                                                                                                                                                   | Wednesday                                                                                                                                                                                                                                     | Thursday                                                                                                                                                                                   | Friday                                                                                                                                                                 |
|-----------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>9:00AM Young at Heart Circuit</b> (Level II)<br><br><b>10:30AM SilverFitness</b> (Level I)<br><i>Walk &amp; sack lunch June 9 at Phelps Park</i> | <b>NEW 8:00AM</b> (Levels II & III)<br><b>Outdoor Cardio Steps</b><br>Jun 3 & 17 KingPin Bowling lot<br>Jun 10 & 24 Soccer Fields<br><br><b>10:30AM Young at Heart Circuit</b> (Level II) | <br><br><br><b>10:30AM Young at Heart Circuit</b> (Level II)                                                                                                                                                                                  | <b>8:30AM Integrated Flexibility</b><br>IN-studio/ZOOM (Level II)<br><br><b>10:30AM Young at Heart Outdoor Hike</b> (Level II)<br>See starts below                                         | <b>8:30AM Interval Training</b><br>IN-studio/ZOOM (Level II & III)<br><b>10:00AM SilverFitness Circuit</b> (Level I)<br><b>11:15AM SilverFitness Circuit</b> (Level I) |
| <b>5:15PM Circuit</b><br>w/ Jennifer (Level II & III)                                                                                               | <b>5:15PM Mix-It-Up</b> w/ Ann Fjelstul call/text 563-380-9998 (Level II & III) <i>Summer break starts June 17-Sept. 30th.</i>                                                            | <b>12:15PM Circuit</b> (Level II & III)<br><br><b>2:30PM Outdoor Hike</b> (Level II & III) see starts below<br><br><b>5:15PM Pilates Mat</b><br>IN-Studio/ZOOM w/ Bridgette<br>Text or call 563-419-0269<br>pilatesfusion.bridgette@gmail.com | <b>12:15PM Express Circuit</b><br>45min ~ cost: \$13 (Level II & III)<br><br><i>Please join us!</i><br> | <i>Descriptions are on the back of this page.</i><br><br>More info at:<br><a href="http://www.craterfitness.com">www.craterfitness.com</a>                             |

| Wed. Outdoor Hike (Levels II & III)<br>Meet here.....                                                                                                     | Thur. YAH Outdoor Hike (Level II)<br>Meet here.....                                                                                                                                    |
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| <b>Wednesdays 2:30 PM</b><br>June 4 Carlson Park<br>June 11 <i>Duathlon-Bike/walk/bike (meet at CF)</i><br>June 18 Will Baker Park<br>June 25 Phelps Park | <b>Thursdays 10:30 AM</b><br>June 5 Palisades Park<br>June 12 Van Peenan park<br>June 19 <i>Vennehjem (Walk then Sack lunch at Carole D home)</i><br>June 26 Twin Springs parking area |

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

### Fitness Class Prices:

IN-Studio class - \$16/class  
ZOOM Live or Recorded - \$14/class  
Outdoor Group Hike - \$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 class  
~Thank you!

**Fitness Level Key:**

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

**Contact:** **Crater Fitness LLC** Jennifer Mikkelsen A.C.E. cert Trainer/Owner  
(563)419-7018 web site: CraterFitness.com  
Email: jennifermikkelsen70@gmail.com

**Class Descriptions:**

**Circuit** Participants move throughout the studio from station to station. A mix of full body strength & toning, cardio moves, balance and agility. We share the use of various equipment using a timed format. **Express Circuit** - 45 min. Shorter workout to add to your day! We still have all components of the class BUT, Shorter. Included are warm-up, strength, agility, balance, flexibility and short cardio bursts. Cost: \$13/class

**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.

**Interval Training (Zoom option)** An intense workout for individuals WANTing the push! Intervals of compound movements using full-body strength, explosive plyos, quick agility and balance.

**Mix-It-Up** with Ann Fjelstul 563-380-9998. [amtfjii@gmail.com](mailto:amtfjii@gmail.com) An efficient workout of cardio, strength, flexibility & FUN! Increase your cardio endurance; develop strength through resistance training using weights, fitness balls & other toys. Find your balance, flexibility & strong core by infusing yoga & pilates movements. Join us to give yourself a needed break from your day, it will be worth your time! \$16/ class time - drop in anytime. Text or message me for more information.

**Outdoor Hikes** 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 2.5-4 miles in an hour. Dress appropriately for weather, footwear, and movement. Join us!

**Pilates Mat** with Bridgette Mitchell - Stott certified. \$14/class. 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 options.

**Young at Heart** - This class is part of a healthy lifestyle that builds relationships, as well as, stronger joints & muscles --- better fitness! **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!  
**Outdoor Walks** - Participants walk 1.5 to 3 miles per hour interspersed with full-body stretching, balance, agility & mobility. We walk on streets, sidewalks, hills, trails in sunshine, wind, snow & drizzle. Dress appropriately for weather, footwear, and movement. Join us!

**Silver Fitness** - 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. Mondays, we perform all movements on and around a chair. **Fridays**, we move in a Circuit format, around several stations. Movement, range of motion, and friends!

**NEW Outdoor Cardio Steps** Spring/Summer is here and it's time to break-out! This Step class uses Steps in Decorah's outdoor areas. Begin with warmup walking to our destination followed by the core of the class, heart-pumping Steps and drills. Body weight strengthening for the core and upper body is interspersed for a complete workout. Benefits of this training include: muscular endurance for the hips, legs, & core muscles. Join us!

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

