


CRATER FITNESS Functional Fitness *August 2025*



Monday	Tuesday	Wednesday	Thursday	Friday
9:00AM Young at Heart Circuit (Level II) 10:30AM SilverFitness (Level I) <i>Walk & sack lunch August 11th at Will Baker Park</i>	NEW 8:00AM (Levels II & III) Outdoor Cardio Steps Aug 5 Soccer Fields Aug 12 Palisades Park Aug 19 Outdoor Swim Pool lot Aug 26 Soccer Field 10:30AM Young at Heart Circuit (Level II)	10:30AM Young at Heart Circuit (Level II)	8:30AM Integrated Flexibility IN-studio/ZOOM (Level II) 10:30AM Young at Heart Outdoor Hike (Level II) See starts below	8:30AM Interval Training IN-studio/ZOOM (Level II & III) 10:00AM SilverFitness Circuit (Level I) 11:15AM SilverFitness Circuit (Level I)
5:15PM Circuit w/ Jennifer (Level II & III)		12:15PM Circuit (Level II & III) 2:30PM Outdoor Hike (Level II & III) see starts below 5:15PM Pilates Mat IN-Studio/ZOOM w/ Bridgette Text or call 563-419-0269 pilatesfusion.bridgette@gmail.com	12:15PM Express Circuit 45min ~ cost: \$13 (Level II & III) <i>Please join us!</i> 	<i>Descriptions are on the back of this page.</i> <u>More info at:</u> www.craterfitness.com

Wed. Outdoor Hike (Levels II & III) Meet here.....	Thur. YAH Outdoor Hike (Level II) Meet here.....
Wednesdays 2:30 PM Aug 6 Will Baker Park Aug 13 Phelp's Park Aug 20 Van Peenan Park Aug 27 Bike the LOOP	Thursdays 10:30 AM Aug 7 Bike Trail head (behind the Whippy Dip) Aug 14 Van Peenan Park Aug 21 <i>Will Baker Park (Walk and Sack Lunch)</i> Aug 28 Palisades Park

Please, pre-register - call or text 563-419-7018 or email: 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](http://www.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 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 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*.

