


# CRATER FITNESS Functional Fitness December 2025



Monday	Tuesday No classes Dec 23	Wednesday No classes Dec 24	Thursday No classes Dec 25	Friday
<u>9:00AM</u> <b>Young at Heart Circuit</b> (Level II)  <u>10:30AM</u> <b>SilverFitness</b> (Level I)	<b><i>It's Back!</i></b> <u>8:30AM</u> <b>Step Intervals</b> (Levels II & III)  <u>10:30AM</u> <b>Young at Heart Circuit</b> (Level II)	  <u>10:00AM</u> <b>Young at Heart Circuit</b> (Level II)	<u>8:30AM</u> <b>Integrated Flexibility</b> IN-studio/ZOOM (Level II)  <u>10:30AM</u> <b>Young at Heart Outdoor Hike</b> (Level II) See starts below	<u>8:30AM</u> <b>Interval Training</b> IN-studio/ZOOM (Level II & III) <u>10:00AM</u> <b>SilverFitness Circuit</b> (Level I) <u>11:15AM</u> <b>SilverFitness Circuit</b> (Level I)
<u>5:15PM</u> <b>Circuit</b> w/ Jennifer (Level II & III)	<u>5:15PM</u> <b>Mix it Up</b> w/ Ann Fjelstul text or call 563-380-9998 amtfjsj@gmail.com	<u>12:15PM</u> <b>Circuit</b> (Level II & III)  <u>2:30PM</u> <b>Outdoor Hike</b> (Level II & III) see starts below  <u>5:15PM</u> <b>Pilates Mat</b> IN-Studio/ZOOM w/ Bridgette Text or call 563-419-0269 pilatesfusion.bridgette@gmail.com	<u>12:15PM</u> <b>Express Circuit</b> 45min ~ cost: \$13 (Level II & III)  Please join us! 	<i>Descriptions are on the back of this page.</i>  <u>More info at:</u> <a href="http://www.craterfitness.com">www.craterfitness.com</a>

<b>Wed. Outdoor Hike</b> (Levels II & III) Meet here.....	<b>Thur. YAH Outdoor Hike</b> (Level II) Meet here.....
<b><i>Wednesdays 2:30 PM</i></b> Dec 3 Soccer Fields Dec 10 Palisade's Park Dec 17 Luther College Regent's Center lot Dec 24 No class ~ Merry Christmas! Dec 31 Last Day Walk Event	<b><i>Thursdays 10:30 AM</i></b> Dec 4 Palisade's Park Dec 11 Soccer Fields Dec 18 Dunning's Spring Dec 25 No class ~ Merry Christmas!

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. [amtfsii@gmail.com](mailto:amtfsii@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!

**It's BACK! Step Intervals** The Step is the basis of this cardio class and is an old 1990s fad that many of us still absolutely LOVE today! "Stepping" up & around the Step produces a heart pumping, sweat dripping workout! Combine strengthening/toning for the core & upper body and finish with a great stretch. 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*.

