# CRATER FITNESS Functional Fitness November 2026

| Monday | Tuesday | Wednesday | Thursday<br>*No Classes Nov. 26th*<br>*Happy Thanksgiving!* | Friday<br>*No classes Nov. 27th* |
|---|---|---|---|---|
| 9:00AM **Young at Heart Circuit** (Level II)<br><br>10:30AM **SilverFitness** (Level I) | **NEW** 8:30AM<br>**Step Interval Training**<br>(Level II & III)<br><br>10:30AM **Young at Heart Circuit** (Level II) | 10:00AM **Young at Heart Circuit** (Level II) | 8:30AM **Integrated Flexibility**<br>IN-studio/ZOOM (Level II)<br><br>10:30AM **Young at Heart Outdoor**(Level II) See starts below | 8:30AM **Interval Training**<br>IN-studio/ZOOM (Level II & III)<br>10:00AM **SilverFitness Circuit** (Level I)<br>11:15AM **SilverFitness Circuit** (Level I) |
| 5:15PM **Circuit**<br>w/ Jennifer (Level II & III) | **NEW** 5:15PM **Mix-it-Up**<br>w/ Ann Fjelstul<br>Text or call 563-380-9998<br>amtfsjj@gmail.com | 12:15PM **Circuit**<br>(Level II & III)<br><br>2:30PM **Outdoor Hike**<br>(Level II & III) see starts below<br><br>5:15PM **Pilates Mat**<br>IN-Studio/ZOOM w/ Bridgette<br>Text or call 563-419-0269<br>pilatesfusion.bridgette@gmail.com | 12:15PM Express **Circuit**<br>45min ~ cost: $14 (Level II & III)<br><br>*Please join us!*<br> | *Descriptions are on the back of this page.*<br><br>More info at:<br>www.craterfitness.com |

| **Wed. 2:30 PM Outdoor Hikes 3+ miles**<br>(Level II & III) Meet here……. | **Thur. 10:30 AM YAH Outdoor Hike**<br>(Level II) Meet here …….. | . |
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| ***Wednesdays 2:30 PM***<br>Nov 4 Will Baker Park<br>Nov 11 Swimming Pool lot<br>Nov 18 Van Peenan Park<br>Nov 25 No class | ***Thursday 10:30 AM***<br>Nov 5 Dug Rd. Parking lot<br>Nov 12 Carlson Park<br>Nov 19 Will Baker Park<br>Nov 26 Thanksgiving Holiday - no class | |

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

**Fitness Class Prices:**

IN-Studio class - $17/class
ZOOM Live or Recorded - $15/class
Outdoor Group Hike - $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 class
~Thank you!

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
Email: jennifermikkelson70@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: $14/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.

NEW Interval Training & Step Interval Training (Zoom option) An intense workout for individuals WANTing the push! Intervals of compound movements using full-body strength, explosive plyos, Step aerobics, quick agility and balance. Tuesday 8:30AM - Step Interval Training - We lean into a bit more of the Step Aerobics

Mix-It-Up with Ann Fjelstul 563-380-9998. amtfsjj@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 Adventure Series Rucking, Biking, Hiking, Outdoor Steps, Single-track Trails, Hills and more! Being part of a group helps us commit each week, helps us build our fitness level, and pushes us into exploring different activities that will benefit a healthy, active lifestyle. 60min of movement, miles, elevation, resistance and sweat! Sign-up with Jennifer! Join Us!

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!

Outdoor Step Intervals Join us as we tackle Steps that Mother Nature provides at various OUTDOOR destinations in Decorah. See the meeting spots on the front page. Benefits of this training include: agility, muscular endurance for hips, legs & core muscles. The class is supplemented with a touch of upper body & core toning/strength. Join us!

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

