



30 Arrowhead Lane,
Moose Lake, MN 55767
218.485.5557
mercymooselake.org

Exercise Classes in The Mercy Foundation Community Gym

We offer a wide array of exercise classes for people of all skill levels. Exercise classes are open to both Fitness Center members and nonmembers; however, Fitness Center members do receive a discount on group classes.

All classes are offered on a continuous basis unless otherwise noted. That means you can join a class any time there is an opening. You will purchase either individual sessions or a package of sessions, then sign up for specific session dates that work best for your schedule. Take a class once a week or five times a week—whatever meets your needs and interests. Enrollment size varies from class to class and sessions are filled on a first come, first served basis.

Class participants should bring a water bottle and towel to each session. Street shoes are not allowed in exercise areas.

Pre-registration is required. The staff at the Mercy Wellness Center can assist you in registering for an exercise class. Stop in or call **218.485.5557** to register.

Cost per session:

\$6 - nonmember; \$4 - member

Class Package (10 sessions):

\$55 - nonmember; \$35 - member

Noon Core:

\$3 per session; \$30 for 10 sessions

Cancellation: Participants wishing to cancel a session **must cancel at least 2 hours prior to session** or they will be charged. Mercy Wellness Center reserves the right to cancel a session due to low enrollment.

Class Offerings

Classes are offered on a rotating basis. Check our website for class schedule: www.mercymooselake.org

CARDIO KICKBOXING

Kickboxing is the ultimate cardio challenge! This beneficial blend of boxing punches, martial arts kicks and aerobic drills is designed to improve many aspects of fitness including stamina, flexibility, coordination, balance and strength. After warming up, the instructor will guide you through basic punches and kicks on a freestanding kickboxing bag, and continue incorporating punch-kick combinations for an endless variety of drills. Come kick, punch and sweat your way to better fitness! (Kickboxing gloves are available for use during classes. Participants are welcome to bring their own as well.)

BOOT CAMP

Boot Camp is designed for anyone looking to lose weight, improve cardiovascular fitness and build strength. Participants will perform body-weight exercises like push-ups, squats, lunges, etc in conjunction with cardio intervals like jumping rope, jump-squats, mountain climbers, etc. Don't let the name scare you! Boot Camp is only as challenging as you make it! The endless variety of exercises ensures that every class feels new and exciting. "Enlist" now!

MORNING BODY BLAST

This early morning core class focuses on an entire body workout at peak intensity. If you are looking to burn a lot of calories but yet still build muscle while doing so, then this class is for you. Your cardiovascular endurance along with muscular endurance will be put to the test.

STRICTLY STRENGTH

No muscle will be forgotten in this total-body strength training class! Participants will use their own body weight, dumbbells, weighted balls, kettlebells, and more to add lean muscle mass and boost metabolism. All levels welcome.

CORE N' MORE

This strength training class emphasizes not only the abdominals, but also the supportive muscles of the hips, pelvis, and back. Strengthening the "core" will help decrease lower back pain, and improve balance, posture, and functional strength. When paired with a healthy diet and cardiovascular exercise, core conditioning will help achieve the tone that many are looking for!

SUNZ OUT GUNZ OUT

Don't worry this class isn't just for your upper body. If you are looking for a full body strength work out that is fast paced and challenging, this class is just for you! Mixing strength exercises with the use of kettle bells, medicine balls, bars, plyometric boxes and so much more, along with cardiovascular exercises will get you the summer body you have been wanting. All fitness levels are welcome!

ARTHRITIS EXERCISE

This class is now being held on a continuous basis! Each session consists of health education and low impact exercise designed to help people keep joints flexible and muscles strong. The class helps reduce the pain and stiffness associated with arthritis through gentle range of motion movements. **Free to members and non-members.**

FUNCTIONAL FITNESS I

Functional Fitness I is a class for individuals looking to improve their balance, flexibility, cardiovascular endurance, and muscle strength. This is achieved through low impact exercises along with the use of hand held weights, resistance bands, balls, and chairs used for seated and standing exercises. Additional benefits may include improved range of motion, boost mood, and help perform everyday activities with greater ease. This class is great for seniors, however all ages and levels are welcome!

FUNCTIONAL FITNESS II

This class is designed for individuals who are looking for a low-impact workout incorporating strength, endurance, flexibility, and balance exercises. Functional Fitness will help participants perform activities of daily living with greater ease. Additional benefits may include weight loss or maintenance, improved sleep, boosts in mood and self confidence, and much more! This is a great class for beginners, but all levels are welcome!

NOON CORE

Are you looking for a quick 30-minute class to work up a sweat and get your heart rate going? Then this is the class for you! Combining core work with strength and cardio will give you the ultimate 30 minute work out! All fitness levels are welcome!

TOTAL BODY SHRED

Are you looking to work every major muscle group? Working your entire body is a great way to stay fit, healthy, and energetic. Rather than working the same muscles every time you exercise, try a class where your entire body is worked. Total Body Shred will work you from your shoulders to your calves, giving you a complete body work out in just 45 minutes!

LEVEL METER	
EXTREME	BOOTCAMP; TOTAL BODY SHRED; SUNZ OUT GUNZ OUT
HARD	MORNING BODY BLAST; CARDIO KICKBOXING
MODERATE	NOON CORE CORE N' MORE
EASY	LOW IMPACT FUNCTIONAL FITNESS II FUNCTIONAL FITNESS I ARTHRITIS EXERCISE

