

NEW Fitness Yoga for Men

Get ready for all your spring activities by trying Fitness Yoga. Fitness Yoga offers a balanced mind/body workout, combining fitness concepts with yoga poses to create an overall sense of health and well-being. This class is designed to not only introduce yoga to beginners, but challenge those who have previous yoga experience, wish to hold poses longer and add flow to their practice. Participants should bring their own exercise or yoga mat and dress in loose-fitting, comfortable clothing.

YogaDevotion

1332.300 4 Sessions Thu
Apr 19-May 10 6:30-7:30 pm
\$39 Central Gym B

Fitness Yoga Level I

Fitness Yoga is for everybody! Create an overall sense of health and well-being by increasing strength, flexibility and balance. Beginners to more advanced participants welcome since poses can be modified to fit everyone's needs. Participants should bring their own exercise or yoga mat and dress in comfortable clothing.

YogaDevotion

1330.300 7 Sessions Mon
Apr 16-June 4 3:45-4:45 pm
\$75 Central Gym B
No class May 28

1330.301 8 Sessions Wed
Apr 18-June 6 6-7 pm
\$79 Central Gym A

Fitness Yoga Level II

Challenge yourself with a more advanced class that focuses on sun salutations, muscle strengthening and restoration. Participants must have taken at least one other class or have a basic understanding of yoga poses.

YogaDevotion

1331.300 8 Sessions Wed
Apr 18-June 6 7:15-8:15 pm
\$79 Central Gym B

Fitness Yoga on the Beach

Refresh with yoga classes on a beautiful beach on White Bear Lake. Participants should bring their own exercise or yoga mat and dress in loose-fitting, comfortable clothing. If class is canceled due to weather, there will be make-up classes added at the end of the session. Class will meet at Memorial Park.

YogaDevotion

1330.400 5 Sessions Fri
June 22-July 20 9-10 am
\$49
Memorial Park
(Optimist) Beach

1330.401 5 Sessions Fri
July 27-Aug 24 9-10 am
\$49
Memorial Park
(Optimist) Beach

Zumba

Zumba combines Latin, International and Pop music with easy to learn dance moves. Fitness moves are incorporated into the dances to tone and sculpt your body while having fun. Join the dance party!

Jackie Klein is a certified Zumba instructor who was hooked the first time she took the class. She uses her energy and enthusiasm to help others reach their fitness goals.

1305.202 7 Sessions Mon
Apr 16-Jun 4 6:30-7:30 pm
\$49
Oneka Cafeteria
No class May 28

1305.203 7 Sessions Wed
Apr 18-May 30 6:30-7:30 pm
\$49
Oneka Cafeteria

Basic Speedwork for Faster Running

Already a runner? Want to increase your speed? Find out what it takes to run faster! Each 60-90 minute session will include a speed workout, drills, and a discussion of various tools for determining the appropriate training pace for effective workouts. May 3 class will meet at Central Middle School track.

Gloria Jansen is a certified running coach who has been running and racing for over 20 years. She has coached running classes for over 20 years to hundreds of beginning and experienced runners.

1336.301	6 Sessions	Tue
	Apr 17-May 22	6:30-8 pm
	\$59	WBSC 300 and Track

Running for Beginners

Want to learn how to run? There are numerous benefits to running. This class will take you from walking to running 30 minutes continuously by the last week. During the first night of class, there will be a workout of alternating between walking and running. Weekly workouts, coaching, and training schedules will be provided.

Gloria Jansen

1336.300	8 Session	Wed
	Apr 18-June 6	6-7:30 pm
	\$75	WBNC Track & Rm 116

Golf for 55+

This class is the same as Basics of Golf but geared towards people over the age of 55.

Craig Nasvik

1364.400	4 Sessions	Mon-Thu
	June 18-21	9-10 am
	\$59	WBSC Wrestling Gym

Basics of Golf

Experience the fun of golf! Develop the basic skills of golf by learning the fundamentals of grip, stance, swing, use of clubs, golf etiquette and a general introduction to the game. Bring a putter and clubs to each session. Balls and mats will be provided. Register early as class size is limited to allow for individual instruction.

Class will make use of Aldrich Dome, 1850 White Bear Avenue in Maplewood, for some of the sessions. A minimal fee for this is payable at the dome.

Craig Nasvik

1361.300	4 Sessions	Tue
	Apr 17-May 15	6:30-7:30 pm
	\$59	WBSC
	No class May 1	Wrestling Gym

1361.301	4 Sessions	Tue
	Apr 17-May 15	7:30-8:30 pm
	\$59	WBSC
	No class May 1	Wrestling Gym

1361.303	4 Sessions	Thu
	Apr 19-May 10	6:30-7:30 pm
	\$59	WBSC
		Wrestling Gym

Golf Tune-Up

Get tuned up for your summer golf game! This class is for experienced golfers who want to work on swing and mechanics. Bring a putter and clubs to each session. Balls and mats provided. Register early as class size is limited to provide individual instruction.

This class will make use of the Aldrich Dome, 1850 White Bear Avenue in Maplewood, for some of the sessions. A minimal fee for this is payable at the dome.

Craig Nasvik

1363.300	4 Sessions	Thu
	Apr 19-May 10	7:30-8:30 pm
	\$59	WBSC
		Wrestling Gym

Sports Center Aerobics Programs

Flexibility, convenience and quality instruction are all aspects that make the White Bear Sports Center Aerobics Programs a great value. You may also attend any Sports Center class by paying a drop-in fee of \$5 for either step class and \$12 for Kettlebells. Drop-ins are only allowed if the class is not already full. Call Community Services to find out if the class is full. Unless noted, classes are for all levels of participants. All necessary equipment will be provided, but please bring plenty of water and wear proper shoes. The White Bear Sports Center is located at 1328 Highway 96, about one half mile east of I-35E. Although these programs are held at the White Bear Sports Center, they are run by the Community Services and Recreation Department.



Step with Strength

Class will include a variety of cardio moves using steps, weights, balls and exer-tubes.

Colleen Tusa

1311.300	14 Sessions Apr 16-June 4 \$65 No class May 28	Mon & Wed 9-10 am WB Sports Center
1311.400	14 Sessions June 6-July 25 \$65 No class July 4	Mon & Wed 9-10 am WB Sports Center
1311.401	13 Sessions July 30-Sept 12 \$59 No class Sept 3	Mon & Wed 9-10 am WB Sports Center

Afternoon Step/ Combo Aerobics

Improve your fitness by doing a combination of aerobics, strength training, circuit and interval training.

Sandy Douglas

1320.300	16 Sessions Apr 17-June 7 \$75	Tue & Thu 4-5 pm WB Sports Center
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Kettlebell Express

Boost your flexibility, balance and strength with this ancient Russian tradition. Kettlebells are weights with handles that will help you maximize your fitness. It doesn't take a huge time commitment, really works, and is energizing.

Dave Kulenkamp brings over 21 years of fitness experience. He has a BA in Education with Health and Physical fitness minor from Augsburg College. Dave has a low key fun and broad approach to his training that inspires and projects a comfortable atmosphere to work out in.

1335.301	9 Sessions Apr 17-June 12 \$95	Tue 6:30-7:15 pm WB Sports Center
1335.302	9 Sessions Apr 19-June 14 \$95	Thu 6:30-7:15 pm WB Sports Center