

FIELD HOUSE

COMMUNITY ED & RECREATIONAL SERVICES

LEARN - PLAY - PARTICIPATE



Winter 2020 Class Offerings "Get up & GO!" Register online at mhsfieldhouse.maxgalaxy.net

AQUATICS

Aquatics Training

ARC Lifeguard Recertification (15 years & over) Pool | \$90 | Saturday, Jan 11th | 8A-5P | Min. 5/Max 10

This class allows you to review your lifeguard skills and obtain re-certification without having to retake the whole course! In the lifeguard review course you will practice and test out on all the necessary life-saving skills taught in the official Red Cross Lifeguarding course. These include, but are not limited to: CPR/AED skills, water rescue skills, spinal injury treatment and first aid. You must have a current lifeguard certification to participate in this course. Kimberly Musser Instructs.

Aqua Fitness

H2O To Go - Shallow Water (14 years & over) Pool | Members-FREE; Non-members-\$40 | Tuesdays | 1/21-2/25 | 6:15A-7A

Looking to strengthen and tone muscles without compromising joints? Join us for a high-energy, shallow water exercise class designed to combine strength training and cardio exercises to get you into shape. Tina Tharp of Mayo Clinic Health Systems Instructs.

Hydro Burn - Deep Water (14 years & over) Pool | Members-FREE; Non-members-\$40 | Thursdays | 1/23-2/27 | 6:15A-7A

Test your limits and get your heart pumping with this challenging, high intensity, deep water workout. You must be comfortable swimming in deep water. Tina Tharp of Mayo Clinic Health Systems Instructs.

Rise N' Shine Aquacise (18 years & over) Pool | Members-FREE; Non-members-\$40 | M,W,F | 1/6-2/28 | 6A-7A

The early bird gets fit! Increasing blood circulation first thing in the morning leads to better focus and energy throughout the day; that is why Rise and Shine Aquacise is perfect for those needing a little energy boost. Its low impact, water resistance training will help you increase flexibility, balance, and stamina. Maggie White Instructs.

Happy Hour Aquacise (18 years & over) Pool | Members-FREE; Non-members-\$40 | M,W,F | 1/6 - 2/28 | 6P-7P

Stressful day? Join us to alleviate the day's stress, have fun, and tone muscles. This cardiovascular workout will help you regain focus and destress all while offering you the physical and social benefits you crave. Ruth Ann Walleser Instructs.

Adult Swim

Next Level Swim (18 years & over) Pool | 1/5 - 2/27 | Sun @ 7P or Thurs @ 7pm & Sat @ 9am on 1/18,2/1

This Class is a 8-week session open to all experienced swimmers wanting to improve overall fitness and swimming technique. A few optional Saturdays will be added during the session. Amy Leach Instructs. (No Class Thursday 1,9 & 1,16)

Full Session = 16 swim dates \$50 members - \$75 Non-members | Half Session = 8 swim dates \$30 members - \$50 Non-members

SPORTS & RECREATION

Pickleball Social (Ages 50 and over) Gym | Members-FREE; Non-members-\$5 | Monday, Jan. 20th | 1P-2:15P

Try something new and come out and learn how to play Pickleball with your fellow community members! Pickleball is a low-net game, with a court size similar to tennis. The game is played in singles or doubles with a wiffle ball and paddle similar size to a ping-pong paddle.

Snowshoe Hike (All Ages) FieldHouse Lobby | Members-FREE; Non-members-\$5 | Friday, February 21st | 1P-2:30P

Opt outside this winter and enjoy a fun, affordable way to develop a new skill and get some fresh air. It's only cold if you're standing still! So, get outside and enjoy winter of your day off from school. Explore the High School grounds by foot or on snowshoes. Limit snowshoes & sizes available. (Participants under the age of 16 must be accompanied by an adult)

After School Soccer Clubs (Grades 3rd-5th) Various Elementary Schools | FREE | 1/20 thru 2/25 | 3:30P-4:45P

Can't get enough soccer? These various 4-day soccer clubs are led by long-time soccer coach Meagan Frank and current HS soccer players. Many Pick-up games will be played during these times. Shin guards optional. Please bring a bottle of water. Pre-registration is required. Club sizes are limited to the first 25 registrants in each club.

FITNESS & WELLNESS

Group Classes: (Ages 14 and over) *Drop-in available \$7 per class

Zumba Tone* Cardio Room |Members-\$24; Non-members-\$40 | Mondays | 1/20-2/24 | 5:45P-6:30P

This class combines targeted body sculpting exercises and high energy cardio work with Latin-infused Zumba moves to create a calorie torching, strength training, dance fitness party. Light weights enhance sense of rhythm and coordination, while toning target zones, including arms, core and lower body. Daisy Pignetti Instructs.

Mat Pilates* Cardio Room |Members-\$24; Non-members-\$40 | Mondays | 1/20-2/24 | 6:45P-7:30P

Mat Pilates is a way to stretch and strengthen your body, primarily the muscles of the core, which span from your hips to your shoulders. Each week we will work through a series of exercises that is performed equipment-free, on the floor using an exercise or yoga mat. You will leave this class feeling whole and refreshed! Daisy Pignetti Instructs.

Cardio Rotation* Cardio Room |Members-\$24; Non-members-\$40 | Tuesdays | 1/21-2/25 | 5:45P-6:30P

Calorie blasting workout to the hottest music! You will get a total upper and lower body workout while burning calories and fat. You will have so much fun jumping, kicking, punching and dancing that you won't realize what an awesome workout you will be getting. The moves are fun and easy to follow for everyone! Kalie Victorian of Shine Nutrition Instructs.

Arms & Abs* Cardio Room |Members-\$24; Non-members-\$40 | Tuesdays | 1/21-2/25 | 6:45P-7:30P

We are happy to offer a class that combines an intense 25-minute arm workout paired with a 10-minute abdominal workout. We will utilize different equipment each week, guaranteeing there will be fun, new exercises each class! Kalie Victorian of Shine Nutrition Instructs.

Yoga 4 All* Cardio Room |Members-Free; Non-members-\$40 | Wednesday | 1/22-2/26 | 5:45P-6:30P

This class uses a combination of flow movements and holding postures to work on strength, flexibility and balance. An all levels class beginners will safely learn the basics while more experienced students can take postures to a deeper level. Tina Tharp of Mayo Clinic Health Systems Instructs.

Step Explosion* Cardio Room |Members-\$24; Non-members-\$40 | Wednesday | 1/22-2/26 | 6:45P-7:30P

High intensity step class utilizing the latest step choreography & turbo charged combinations for the ultimate step aerobics workout. Get ready to be invigorated as well as entertained! Morgan Larson Instructs.

2 Is Better than 1* Cardio Room |Members-\$24; Non-members-\$40 | Thursday | 1/23/2/27 | 5:45P-6:30P

In this partner type class, several exercises will be cycled into a circuit for a full-body workout to enhance muscle definition, core, balance, strength and improve overall health. A variety of movements and resistance equipment will be utilized during each class to work your upper body, core, lower body, and cardiovascular system. Morgan Larson Instructs.

Butts 'n' Gutts* Cardio Room |Members-\$24; Non-members-\$40 | Thursdays | 1/23-2/27 | 6:45P-7:30P

Want a focused workout that targets the core and glutes? Class uses free weights, resistance bands, and body weight exercises to target your entire body, with a special focus on abs, thighs, and glutes.. Morgan Larson Instructs.

Weight Training 101 Weight Room |Members-Free; Non-members-\$10 | Thursdays | 1/30-2/13 | 6P-7:30P

Want to get started on your fitness journey, but aren't sure where to start? This class will teach everything you need to know. Learn proper technique, how to create your workouts, setting fitness goals, etc. We will also dive into powerlifting!

Boot Camp Cardio Room |Members-\$6; Non-members-\$10 | Saturday | 1/25 | 9A-10:30A

A high-intensity cardio and strength conditioning class incorporating steps, weights, jump ropes, medicine balls and much more to train every part of your body! Tighten & tone while getting an invigorating cardiovascular workout. Plus, training in the group environment will motivate you to finish hard and strong. All fitness levels encourage Rachel Eichstadt Instructs.

Fitness Instructor Recruitment Class (18 years & over) Cardio Room | Free | Friday | 2/21 | 12P-1P

New Years Resolution? Become a group fitness instructor and give back to your community in a rewarding way by encouraging others and yourself in a fun, fast paced environment. Learn from current instructors on how to conduct, plan and motivate a group. We'll show you all the steps needed to take the leap to become a group fitness instructor!

Be on the Lookout for these Running Classes in Spring!

Menomonie In Motion Couch 2 5K Members-\$45; Non-members-\$60 | Mon. & Wed. | 3/9-5/13 | 5:30P-6:30P | 14 & Over

Menomonie In Motion Marathon Kids Members-\$20; Non-members-\$30 | Mon. & Wed. | 3/9-5/13 | 5:30P-6:30P | Ages 5-13