



507-526-3376 PO Box 38 • Blue Earth, MN 56013 Located at the Faribault County Fairgrounds  
E-Mail: [fitness@bevcomm.net](mailto:fitness@bevcomm.net)



Mornings (Silver Sneakers/Silver&Fit)  
Mondays & Wednesdays at 10:00 a.m. on going  
Cost: Free Silver Sneaker/Fit Members  
\$20 Fitness Center Members a month  
\$35 Non Fitness Center Members a month  
Instructor: Michelle Hall



Movements of Grace: Yoga

Yoga focuses on stillness. Each posture is held for several seconds or minutes, allowing the body to fill with positive energy between each movement. Yoga use controlled breathing and meditation to enhance the practice. All age groups can benefit from Yoga.

When: Tue and Thurs @ 12:05-12:50 PM  
June 5<sup>th</sup> -21<sup>st</sup> and July 10<sup>th</sup> -26<sup>th</sup> Total 6 weeks  
Cost: \$35 for members or \$40 non-members per session



Co-ed Sand Volleyball

Co-ed Sand Volleyball  
Tuesdays Beginning June 12<sup>th</sup> –Aug14th  
\$45 a team of 3 Guys & 3 Gals  
Rotation of play times 6, 7 or 8 PM

Court located behind the Fitness Center

Team Name	Phone #
1 _____	_____
2 _____	_____
3 _____	_____
4 _____	_____
5 _____	_____
6 _____	_____
7_Sub _____	_____
8_Sub _____	_____