

# Fitness 1-2-3 *with Annie Olson*

Back by popular demand! In this energetic class time will be broken up into three segments of exercise, come to one or come to all! First 30 minutes is designated to Cardio. Get your heart pumping with aerobic dance, interval training, kickboxing and walk fit. The next 30 minutes is designated for weights and strength training. A variety of movements will be performed to help gain strength, work on posture and balance. Finally, the last 30 minutes will include a variety of Pilates, yoga, stretching and strength exercises.

**Dates:** January 9, 11, 16, 18, 23, 25, 30

February 1, 6, 8, 13, 15, 22, 27 *(no class February 20)*

March 1, 6, 8

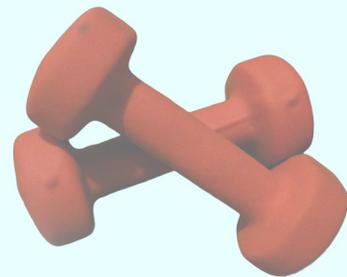
**Time:** 5:20 p.m.-6:50 p.m.

**Where:** Senior Center *(park in north parking lot)*

**Fee:** \$40 in town; \$45 out of town

**What to bring:** 2-5 lbs. hand weights, exercise mat & bottle of H2O

**Instructor:** Annie Olson



Register in person at the Parks & Rec office located at the City Arena OR online at [www.ci.albertlea.mn.us](http://www.ci.albertlea.mn.us); go to the Parks & Rec tab and click on Register for Programs.

Questions contact Jenny at 507-377-4368 or [jdavis@ci.albertlea.mn.us](mailto:jdavis@ci.albertlea.mn.us)