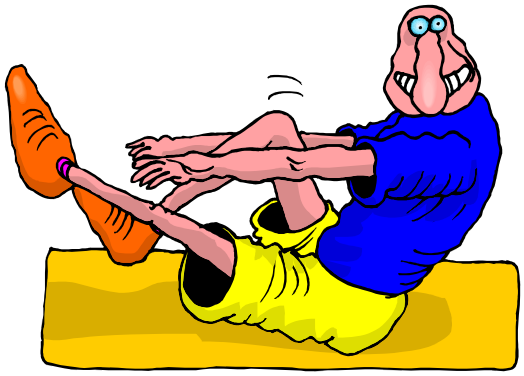
# Exercise Classes in the Midwest

| CLASS | LOCATION | TIME | START DATE |
|---|---|---|---|
| Back to Reality Boot Camp | Hamiota | 5:30-6:30 | Monday, Sept 13th<br>Cost: $55 for 8 weeks |
| Back to Reality Boot Camp | Oak River | 7:00-8:00 | Monday, Sept 13th<br>Cost: $55 for 8 weeks |
| Back to Reality Boot Camp | Miniota | 7:00-8:00 | Wednesday, Sept 15th<br>Cost: $60 for 8 weeks |
| Strength, Toning & Cardio | Hamiota | 6:00-7:00 | Thursday, Sept 16th<br>Cost: $55 for 8 weeks |
| Strength & Toning | Hamiota | 9:30-10:30 am | Friday, Sept 17th<br>Cost: $55 for 8 weeks |
| Belly Dancing | Hamiota | 6:30-7:30 | Sunday, Oct 3rd<br>Cost: $70 for 8 weeks |
| Zumba | Hamiota | 7:45-8:45 | Sunday, Oct 3rd<br>Cost: $70 for 8 weeks |



Call Midwest Recreation at 764-3050 ext 106
or email midwestrec@hamiota.com
for more information and to register for classes.

**Minimum of 10 participants required for some class to run!**