

Do you have questions about how to use the exercise equipment?

Come talk to Rachel on Wednesdays between 5:00pm and 6:00pm for equipment orientation. She will show you how to use the equipment safely and answer any questions you may have.

Empowerment for Defense

Tuesdays & Sundays: 5:30pm-6:15pm

Thursdays: 6:30pm-7:15pm

New Classes

Stretching Class

Tuesdays & Thursdays

12:30pm-1:00pm (Starting January 14th)

Are you looking to add something new and exciting to boost your overall health, fitness and confidence? This class is a fusion of basic kickboxing, boxing, self-defense techniques, balance work, endurance exercises and functional core movements. You will learn and perform basic punching and kicking combinations, heavy bag striking, abdominal/core moves and body weight exercises. This will build balance, coordination and endurance while toning your body. Completion of lesson will have you feeling mentally and physically boosted!

Instructor: Billy Fisher

Do you have troubled muscle areas? This class will help you develop strength, flexibility, improve muscle tone, posture, coordination, body alignment and relieve stress with conditioning exercises, gentle stretching and strengthening techniques. Please wear comfortable clothes that you can easily move in. Appropriate for all levels.

Instructor: Rachel Scheller

Teachers... are you looking for a place to work out or to join a group fitness class after work?

Join InCharge and receive 10% off a membership. We offer 3, 6, 12 and 18 month memberships.

We offer a Zumba class with Erin Erickson on Tuesdays and Thursdays from 4:15pm to 5:15pm.

For each class you attend, your name will be entered into a drawing for a chance to win a \$25 Gift Certificate for Zumba Apparel.

All classes are free to members and \$5.00 per class for non-members

Insurance Reimbursement

Do you want to get paid to work out?

We accept many insurances. Workout the required amount of times and we take care of the rest. Get reimbursed up to \$20 per month. Here are some insurances we accept:

- BCBS Minnesota
- BCBS North Dakota
- BCBS Federal
- Health Partners
- UCare
- Silver & Fit
- SilverSneakers
- Medica
- Preferred One
- Humana

Not sure if your insurance covers a fitness gym, call the number on the back of your card.