

Fitness, Health & Wellness

"Free Try-It Sessions are for those who've never tried a particular fitness course to help them determine if it would be a good fit. Should a try-it session fill, we will cross-check for past enrollment in the class to make room for those new to the course.

Gentle Yoga by Candlelight Ages 15+

Julie Pfeiffer



A dynamic Vinyasa Yoga class designed especially for the beginner done by illuminated by Candlelight. Vinyasa connects the movement with the breath to create a continuous flow of postures. The breath guides you through this class comprised of creative sequences intended to provide you with strength, flexibility and peace for the mind, body and spirit. Yoga poses can be modified for those desiring more or less. Please

bring yoga mat and water. Taught by Certified Yoga Instructor, Julie Pfeiffer.

#F51116F

Mon Apr 8-May 13

6-7 pm

Pinecrest, Gym

\$40.50-6 ses

Yoga Flow by Candlelight Ages 15+

Julie Pfeiffer

Step into the surroundings of an illuminated candlelit room with soothing music that takes you away from the stress of your day. Through breath and posture, gain deeper awareness of your body and develop higher levels of strength, focus, and flexibility through a Vinyasa class for all levels in a candlelit space. Please bring yoga mat and water. Taught by Certified Yoga Instructor, Julie Pfeiffer. **(NOTE: The 5-22 session will be held at Tilden Community Center, gym)**

#F51115F

Wed Apr 10-May 22

6-7 pm

Pinecrest, Gym

\$47.25-7 ses

Family Yoga with Tiny Yogis

Carissa Clancy

18 months - age 4 with parent/caregiver

Sneak in some yoga with your little one who's on the move at a Family Yoga class. In this playful class, you and your child will stretch, strengthen, and relax through postures, music, and interactive songs. These little yogis will start to learn balance, body awareness, and even how to calm themselves down. Each class session incorporates deep breathing, relaxation and ways to bring some yoga into your daily life as a parent. Please bring yoga mat, water bottle and towel! \$10



each additional child per family. Taught by Certified Yoga instructor, Carissa Renken.

#F595100F

Tue Apr 16-May 7

5:40-6:25 pm

McAuliffe, Gym

\$39-pair/4 ses

SAVE!

Sign up for 2 sections of ANY GROUP FITNESS/EXERCISE CLASS at the same time for the same person and SAVE \$5.00 off one section. To receive discount, call 651-480-7670 to register. Sorry, discount not given online and may not be combined with any other discount. **PRE-REGISTRATION is necessary, even for FREE "Try It" sections.**

Fitness, Health & Wellness

The Ultimate HIIT/Core Workout

Roxanne Swanson

For Youth Ages 14+ and Adults

Why combine the magic of core stability exercises with high-intensity interval training (HIIT)? Simple: HIIT is one of the best forms of cardio you can do to blast away fat quickly. And by quickly, I mean in a 15- to 25-minute workout a few times a week, instead of the typical hours spent on the treadmill. Keep burning calories even AFTER your workout!

#F51133F Thu Apr 18-May 23 6-7 pm Kennedy, Gym \$40.50-6 ses

POUND®! Rockout Workout!

Ages 10+

Sara Monson



Find your inner rock star with this heart-pounding, cardio jam session! Designed to work your core and scorch calories! Using lightly-weighted drumsticks, the class is guided by upbeat music and upwards of 15,000 stick strikes to the ground and overhead! Get ready to sweat, tone and more importantly rock out to POUND! Bring yoga mat, water bottle and towel.



#F51111F Mon Apr 15-May 13
6-7 pm Kennedy, Gym \$33.75-5 ses

#F51111G Thu Apr 18-May 23
7:15-8:15 pm Kennedy, Gym \$40.50-6 ses

SAVE!

See page 3 for registration savings on two group fitness classes!
PRE-REGISTRATION necessary, even for FREE "Try It" sections.



“Walk for Your Heart!”

High School • Indoor Track • \$15/school year

The High School Field House Indoor Track is available M-F, 6:30 am-10 pm and Saturdays, 8:30 am-2:30 pm. Members of the Hastings Area Senior Program pay \$7.50.

Raptor Scans continue for building security!

Safety is of the highest priority for our students and staff and we are continuing use of the Raptor Technology Scanning System district-wide.

- If you walk at the high school site between **6:30 am-2:30 pm** you will need to have your **license/I.D. scanned by the system and a badge will be issued to you.** Show the badge to high school staff on days when you are walking. (You will be provided the Walk Pass for those times you walk after 2:30 pm weeknights or Saturdays.)
- **The new 2018-19 Walking Pass must be worn whenever using the track.** Purchase at either Cub service counter or at Community Education.
- **Bring your license/photo I.D. to the Tilden Community Center for processing.**
- The high school site **WILL NOT** be able to make the pass for you and you will be directed to obtain one at the Tilden Community Center, 310 River St, Hastings - Community Education office.



Fitness, Health & Wellness

Your Brain on Food **NEW**

Food Influences Brain Function

Tammi Brochman

You know that drugs and chemicals have an effect on your brain. But did you know that food also plays a crucial role in how your brain develops and functions? Join us to learn how food influences brain function, including mood and memory, and what foods have the biggest impact. *TAMMI BROCHMAN, RD LD, takes a hands on approach to help people sustain a healthy lifestyle by creating awareness, and providing education, resources, and support.*

#511104B

Tue Apr 23

6:30-7:30 pm

Tilden Com Ctr, #117

\$9-1 ses

This Night Will Be Habit Changing **NEW**

Tammi Brochman

Humans are creatures of habit and creating REAL change involves breaking old habits and making new ones. *Do you have habits that aren't serving your health well?* Do you want to change these habits, but believe change is hard? If so, this class is for you. I believe change doesn't have to be hard and I'd love to show you some ways you can set yourself and your health goals up for success!

#511105B

Tue Apr 30

6:30-7:30 pm

Tilden Com Ctr, #117

\$9-1 ses

Lifestyle Lab **NEW**

Quick & Easy Clean Eating+

Tammi Brochman

Are you trying to be healthy but confused about what actually works? Want actions that stick and need a starting place? Science-backed advice revealed along with practical tips and how-to's soon you'll be on your way to better health. Learn about the components of a clean eating program, calculate your nutritional needs, easy menu planning (based on your needs), and discover the trifecta of **S.T.S.** that sabotage your efforts and more!

#511106B

Thu Apr 18-May 9

6:30-8 pm

Tilden Com Ctr, #109

\$69-4 ses

Why Can't I Lose Weight? **NEW**

Laura Devine

Weight loss can be frustrating! *Do you feel like you've tried everything: exercising more, eating less, experimenting with the latest diet fads and shakes, and you're still not hitting your weight loss goals?!* This class identifies and teaches you how to overcome the hidden stressors that can prevent even the best weight loss attempts from working. If you're ready to finally reach your weight loss goals and resolve unwanted health symptoms, then this class is for you! *LAURA DEVINE is a Holistic Health Practitioner who specializes in nutrition. She resolved her own health issues naturally, and now her passion is to help others heal through food and experience true optimal health.*

#51191A

Mon May 20

6:30-8 pm

Tilden Com Ctr, #125

\$15-1 ses

#51191B

☼ Tue Jun 25

6-7:30 pm

Tilden Com Ctr, #108

\$15-1 ses



To Register, call **651-480-7670**
or go online to
www.HastingsCommunityEd.com

Fitness, Health & Wellness



Nothing saddens us more than to cancel a class and receive emails and phone calls from parents and participants looking to register the week a class begins. We usually make a decision about holding a class one week prior to the start date. After one week prior, we may still have space available if something prevented you from registering earlier.

3 Secrets to Living Headache-Free! **NEW** *Laura Devine*

Do you suffer from headaches or migraines that interfere with your work life and family life? Would you like to actually resolve your headaches instead of covering them up with pills? Laura reveals the 3 secrets to resolving headaches that your doctor hasn't told you so you can get off the couch and start living your life pain free!

#51194A Wed Apr 3 6:30-8 pm Tilden Com Ctr, #117 \$15-1 ses

The Keto Diet - Where to Begin! **NEW** *Laura Devine*

Would you like to become a fat burning machine? Do you want to lose weight, have great mental clarity at work, and have plenty of energy throughout your day? A low carbohydrate, high fat diet resets our body's metabolism to burn fat, instead of sugar for fuel. Come learn how to ditch the carbs, embrace the fat, and feel the health benefits of the Keto life!

#51192A Wed May 1 6:30-8 pm Tilden Com Ctr, #117 \$15-ses
#51192B ⚙ Tue Jul 30 6-7:30 pm Tilden Com Ctr, #108 \$15-1 ses

Keto Lifestyle 101 **NEW** *Ramona Westerberg*

Go from a sugar burner to a fat burner. Becoming a fat burner isn't an easy task, but it can be achieved through the right diet and looking after yourself. If you're looking to burn fat off your body fat, then you need your body to get into ketosis. This is the basis behind the ketogenic diet. Come and get tips to get into Ketosis. They are proven tips so if you follow them, you should be a fat burner in no time. *RAMONA WESTERBERG is the owner and Massage Therapist at The Healing Place of Cottage Grove. She has been studying wellness through nutrition for years and has been practicing the Keto Life Style for over 5 years.*

#511127B Wed Apr 17 6:30-8:30 pm Tilden Com Ctr, #117 \$15-1 ses

Intermittent Fasting **NEW**

Ramona Westerberg

Intermittent fasting goes well with the keto lifestyle. Fasting is not about starving yourself. When done right, it's an incredibly effective therapeutic approach that produces amazing results for weight loss. If you are looking to take your keto life style to the next level we will be learning about a variety of fasting protocols that can help you get to your goals.

#511128B Wed May 15 6:30-8:30 pm
Tilden Com Ctr, #117 \$15-1 ses

Community Education
Seasonal Catalogs

**SEE YOUR AD
INSIDE EACH ISSUE**

Include promotion of your business, organization or next big event inside our seasonal catalogs. Costs begin at just \$75/issue.

To learn more, all 651-480-7670.

Fitness, Health & Wellness



CPR AND FIRST AID CLASSES

CPR: Lay Rescuer

Heartsaver CPR with AED

Sharon Mathews

Focus on respiratory emergencies and how to give first aid for a cardiac emergency as a lay rescuer. Learn CPR and relief of choking in adults, children and infants and use of barrier devices for all ages. Prevention and recognition are emphasized. Receive training on use of the Automated External Defibrillator. **Receive a Certificate of Participation and 2-year Certification.** While this class is NOT valid for the Health Care Professional, though a Lay Rescuer may enroll in a Health Care Professional course and receive Lay Rescuer

Certification. An **American Heart Association** program equal to all other CPR courses. For first time students and recertification.

#51151A ⚙ Mon Jul 1 6:30-8:30 pm Tilden Com Ctr, #125 \$69-1 ses

CPR: Health Care Professionals

Heartsaver CPR with AED

Sharon Mathews

For anyone who has a duty to respond learn adult and pediatric CPR including two-rescuer scenarios and use of the bag mask, foreign-body airway obstruction, respiratory emergencies, first aid for cardiac emergencies and training on use of the **AED**. **Receive a AHA Completion Card and 2-year Certification.** Prevention and recognition are emphasized as it relates to adults, children and infants. **Basic Life Support for the Professional Rescuer** is required by health care providers and other professional rescuer positions. ---> For **Lay Rescuers**, enroll and attend finish earlier.

#51150C Thu Apr 11 6-9 pm Tilden Com Ctr, #125 \$69-1 ses
#51150D Tue May 14 6-9 pm Tilden Com Ctr, #125 \$69-1 ses
#51150E ⚙ Tue Jun 18 6-9 pm Tilden Com Ctr, #125 \$69-1 ses

Basic First Aid

Sharon Mathews

Concentrate on the patient survey, bleeding, shock, fractures, strains, sprains, seizures, diabetes, etc. Receive a **American Heart Association Completion Card** good for two years. Student book is included. For first time student and recertification.

#51153C ⚙ Tue Jun 11 5:30-9 pm Tilden Com Ctr, #125 \$69-1 ses
#51153D ⚙ Thu Jul 11 5:30-9 pm Tilden Com Ctr, #125 \$69-1 ses

Infant & Child CPR

Sharon Mathews

For those involved in child care, teachers, foster care, coaches, and others working with children. Focus on the prevention of injuries, recognition of emergencies and what to do until help arrives. Includes all updates from the American Heart Association, including a discussion on SIDS and options for parents and caregivers. It is more in-depth, as it relates to young people. Receive a Certificate of Participation.

#51152C Tue May 21 6-9 pm Tilden Com Ctr, #125 \$69-1 ses

*Customized classes for your **PRIVATE GROUP** of 6 or more people may be arranged. Please contact Zena Stefani at 651-480-7674 or email her at zstefani@hastings.k12.mn.us for information.

Fitness, Health & Wellness

HYPNOSIS: Weight Loss



Have you thought about how you will look and feel if you don't curb your eating? Hypnosis can help

you control your eating habits and stop cravings. **You will be aware at all times and at no time will you be unconscious.** This weight loss seminar can pay for itself in one week!

#51146E Tue May 7 5:30-9 pm
Tilden Com Ctr, #108 \$65-topic/\$115 both

Testimonial

"About nine years ago I attended a smoking cessation class. While on the floor I thought that what was being said wasn't getting in because I couldn't get comfortable. I thought, 'Oh well, there goes the price of a carton of cigarettes.' When I left, I didn't light one up and I haven't had the need or desire to smoke since. I smoked 2+ packs a day and cigars and I had no withdrawals or problems throughout the last nine years." —Keith L., Big Lake, MN

HYPNOSIS: Stop Smoking/ Stop Chewing Tobacco



Are you ready to quit smoking for YOU, not because others are

pressuring you? **Stop immediately without withdrawal, cravings or weight gain.**

#51146F Tue May 7 5:30-9 pm
Tilden Com Ctr, #108 \$65-topic/\$115-both

All behavioral changes must occur at an unconscious level to be lasting. The experience is relaxing and you are fully aware and in control at all times. Begin with an intro for all then separate sessions. **Receive a reinforcement CD and lifetime guarantee to attend any future seminar FREE.** Wear comfortable clothes, bring a pillow and blanket (or sleeping bag). Conducted by **DR. MARY FISCHER** who holds a doctoral degree in clinical hypnotherapy with over five certifications in hypnotherapy.

See www.hypnosisclinic.net

Sign up for both sections at the same time for the same person and pay just \$115 total ...

That's a \$15 savings!



WOMEN'S SELF-DEFENSE

Be Aware, Not Afraid • Women & Girls Ages 14+
Master Jeff Wood, 5th Dan Black Belt in Tae Kwon Do and has been a student of the world- renowned Grandmaster Wu Bin of Beijing, China since 2003. He received the Masters of Arts degree in clinical psychology.

NEW

Self-Defense Seminar, Intro

Recognize potentially threatening situations from the **six major attack categories**, acquire verbal skills, physical techniques, and psychological confidence to effectively defend and escape from, an assault from any of the attack types, and gain insight into the use of frequently used self-defense devices such as pepper spray, noisemakers, Tasers and many others. Emphasis is also placed on empowering the mind (which is the most effective tool in defending an attack), to overcome fear and to let go of a victim mentality.

#59504A Sat Apr 13 10:30 am-12:30 pm
Hastings High School, Wrestling Gym \$25-1 ses

Self-Defense Workshop Series

Pair up and engage in physical self-defense strategies taught by a Master. Focus in greater depth on issues addressed in the seminar. Gain a first hand, experiential understanding of **kicking techniques, striking, blocking, escape maneuvers, joint locking, pressure point and nerve center counter-measures**, all of which are used to stop assailants from violating others. Practice on kicking bags and other training equipment items and pair up with other attendees in controlled situations to learn how to effectively implement techniques. **Skip 5/4.**

#59505A Sat Apr 27-May 18 10:30-11:30 am
Hastings High School, Wrestling Gym \$39-3 ses