

5K Run/Walk Training Level 2-3

This class will offer support, training assistance and goal setting for the Intermediate Level exerciser that is interested in running (or doing a combination of running and walking) a 5k distance. Along the way participants will be encouraged, but not required to sign up for a 5k sometime during the summer. Class will meet once a week, however, it is expected that participants will be able to independently train an additional 2-3 days each week. This class will be most beneficial for the person who already walks, jogs or runs but has either raced infrequently or has yet to attempt racing. Seasoned runners, as well as non-exercisers are not as likely to benefit from this training. Some speed work and interval training will be incorporated. Class will be lead by a certified group fitness instructor from the Community Center that is also a member of the Renegades Run Club. We will meet light rain or shine, excluding heavy downpours or lightning.

- Class will meet Saturday mornings for approx. 45-60 minutes prior to business hours at the Community Center.
- As such, participants should come ready to go, meeting in front of the Community Center building.
- Valuables should be left home, and personal items kept in vehicles.
- Water bottles may be left near the building as needed.
- Check-in will be offered at the end of the class at the front desk of the Community Center, and facilities will then be available.



Fitness Orientations

Sign up at the Community Center for an orientation to help you get acquainted with our fitness equipment. A certified personal trainer will meet with you to show the proper use of cardio and strength training equipment.

When:

Saturday, April 24	10:30 AM	AFO 424
Tuesday, May 11	7:00 PM	AFO 511
Saturday, May 22	10:30 AM	AFO 522
Tuesday, June 8	7:00 PM	AFO 608
Saturday, June 26	10:30 AM	AFO 626
Tuesday, July 13	7:00 PM	AFO 713
Saturday, July 31	10:30 AM	AFO 731
Tuesday, August 10	7:00 PM	AFO 810
Saturday, August 28	10:30 AM	AFO 828

Fee: Non-Members \$10
Members \$5

Personalized Fitness

A personal trainer gives you customized, expert training advice that will help you get the results you want. Working with a certified personal trainer can help you develop a fitness regiment that fits into your busy life style. You may register for this program by filling out a personal training registration form at the Shakopee Community Center. Our personal trainer will contact participants within one week of registration.

Beginning April 1, 2010. Personal Training will be sold in packages or individually. We will no longer offer cumulative pricing. Packages must be paid in full at the time of registration.

Single Person Packages

1 Session	\$40
5 Sessions	\$150
10 Sessions	\$285

2 Person Packages

1 Session	\$60
5 Sessions	\$225
10 Sessions	\$425

Adult Open Gym

The following open gym times are designated for adult only (age 18 and older). Full court pick-up games may be played during designated times only.

No Open Gym April 6

Open Basketball:

Tuesdays through May 11

6:45PM - 8:45 PM

Saturdays (ongoing)

8:00AM -10:00 AM

No gym April 6

Admission to Adult Open Gym is free with Community Center membership or the purchase of a daily pass.

Family Walking Time

Strollers will be allowed at this time. Wheels on strollers must be clean and dry. Strollers should be used on the inside lane only and in single file. Children must be supervised by an adult during family walking times.

Monday-Friday	10:30 -11:30 AM
	1:30 - 2:30 PM
	4:30 - 6:30 PM
Saturdays & Sundays	1:30 - 2:30 PM

