

Hallett Center of Crosby

www.hallettcenter.com

September 2017

218.546.2616



Youth Programs



Soccer begins September 12th
Tuesdays and Saturdays
\$40 for member / \$50 for non

Fall Swim Lessons are on hold, we are trying to find a replacement instructor for the October session. We are hiring certified WSI instructors, ask for more information.



Mommy and Me Series
Saturdays starting October 14th
\$40 for member / \$50 for non

Call 218.546.2616 or email Bailey at
bswensen@hallettcenter.com with questions.

Lifestyle Change Program

Are you ready and committed to change your lifestyle? This class is for you! With an emphasis on diabetes prevention, fat gram intake, and activity level, you will improve the way you look and feel. This class is free to everyone, space is limited.

Weekly September 11th—January 1st
Monthly January—June

Mondays 5:15pm weigh-in, 5:30pm class begins

Register online at www.crowwingenergized.com.

Email questions to Bailey at
bswensen@hallettcenter.com



Falls Prevention

Join Bailey to see if you're at risk for falling. Learn tips and techniques to improve your balance. This assessment is free for everyone, no reservation needed.

Monday September 18th 8-10am in the meeting room

Prime Pass

Want unlimited access for all of your fitness needs? Add the Prime Pass to your membership and get unlimited fitness classes, guest passes, locker rental, and a personal training session.

Stop by the front desk for more details. Available for October's premiere fitness classes! This will replace the Prime Membership starting October 1st.

Summer Hours

We will be closed Monday September 4th for
Labor Day

Summer Hours are in effect until September 30th

Free Weight Training

Are you stuck in your workouts? Break into something new with free weights. Join Bailey for all the how-to's with dumbbells.

September 14th at 6:00pm



Members - free

Non-Members - daily user fee

RSVP to bswensen@hallettcenter.com

Roller Night



Bust out those rollerblades and skates for one more night! Join the party in the arena before the ice goes in. Good music and great fun all while getting some exercise!

September 28th 6:00-7:30pm

Call 218.546.2616 or email Bailey at
bswensen@hallettcenter.com with questions.
Daily user fees apply, no skates for rent