

About Us

Fitness and Friends is an all volunteer group dedicated to improving fitness in our community while having fun.



Our workouts will increase your overall core strength and aerobic capacity.

Sound intimidating? Yes and no! It is totally challenging for those aiming to add core strengthening to their existing fitness routine.

However, those who are just beginning their fitness journey or have different goals can simply dial in their own exertion levels and repetition counts to fit their personal goals. All you need to do is show up and make a commitment to give your best effort. It works!

We make getting started less intimidating by matching you with a supportive mentor on your first visit to help you succeed.

"Nobody gets left behind"

FITNESS & FRIENDS



Please join us!

Core Class Schedule

Monday and Wednesday Nights
6:00 - 7:30 PM

Saturday Mornings
9:00 - 10:30 AM

Lindbergh Center Recreation Facility
2400 Lindbergh Dr, Minnetonka, MN

Questions

Tammy 612.512.1351
Or go to: www.alarc.com
and click on Contact Us



Visit **ALARC**, our parent org
We think you will **Like** us!



FITNESS & FRIENDS

Core & Cardio Workout Group



Fitness and Friends
is a western suburbs based
core workout group of friends
who are inspired to pursue
an active and healthy lifestyle

Our Program



“The workout you would never do on your own”

Core is a unique year around Fitness and Friends class for those who want to become more fit, lose weight, and/or tone up core muscle groups.

Participants may join the workouts at any time throughout the year--just show up!

Typically the workout begins with a lap or two around the track for warm up. We then do some Yoga stretches followed by core body exercises such as sit ups, abdominal muscle routines, push ups, free weights, planks, and the beloved wall sits; all the while maintaining an elevated heart rate by running or walking around the track between sets.

During the one and a half hour session, no one is required to meet any preset criteria. Participants set their own goals and push themselves more than enough to meet them.

Fitness and Friends

“Don’t wait; the time will never be just right”

We are a friendly and supportive group and everyone is welcome.



Deciding to improve one’s lifestyle with exercise can be intimidating and many don’t know how to start. We know because every one of us has been there! That’s why we welcome new participants to share what we have experienced in a friendly and supportive culture.



Meet Our Coaches



Kevin
“Mr Burpee”



Nancy
“The Girl Next Door”



Charlie
“Dancing Charlie”



Dave
“Normal Dave”



Harley
“The Wall”