

TOTAL BODY WORKOUT

It's a proven fact exercise improves your life physically and mentally. This one-hour class is divided into three parts: 20-minute, low-impact aerobic warm up, muscle toning with weights and bands, and a cool down component. Mats provided.



Day	Date/Time
Mondays	Now-May 18 9:00-10:00 am
Wednesdays	Now-May 20 8:45-9:45 am
Fee	\$45/15 class-punch card residents or current Friendship Center members \$52/15 class-punch card non-residents \$5 drop-in fee
Location	Crystal Community Center

ZUMBA

This cutting-edge, high-energy fitness system with a fusion of Latin and inter-national music is fun and easy to do. A combination of unique body sculpting and dance steps gives you high energy and motivation to incorporate in your own fitness program. Zumba is not only great for the body but for the mind too. Session 1 register by March 12, Session 2 register by April 16, Session 3 register by May 21.



Activity#	Day	Date/Time
8017	Tuesdays	Mar 17-Apr 14 6:30-7:30 pm
8018	Tuesdays	Apr 21-May 19 6:30-7:30 pm
8020	Tuesdays	May 26-Jun 23 6:30-7:30 pm
Fee	\$35 residents for one session \$42 non-residents for one session	
Location	Crystal Community Center	



STEP TO IT CHALLENGE

The Step To It Challenge is a fun, lighthearted way to connect with family, friends, and neighbors, and get moving again after a long winter. Twenty-three

communities will compete to see which one has the most active residents. Crystal is the reigning Champ for highest average steps per resident. Help us repeat! Participants from each city will have a chance to be honored by Hennepin County and the Minnesota Twins at a Twins home game during the 2015 season. As a Step To It participant, you will keep an ongoing total of your activity during the challenge. Register on the Step to It website starting April 1 at www.steptoit.org.

Day	Date/Time	Fee
7 days/week	May 3-30	Free
Location	City of Crystal	

SOO BAHK DO

A classical martial art of Korean and Chinese origin that helps develop confidence through the integration of intellect, body, emotion and spirit. Improve balance, flexibility and fitness with valuable self-defense techniques. Program is



offered at the Crystal Community Center throughout the year. Pay on a month by month basis and start at the first of any month. Additional optional fees for uniform, testing and tournaments are paid to instructor. Register with the Robbinsdale Recreation Department by phone at 763-531-1278 or online at webtrac.robbinsdalemn.com.

Day	Date/Time	Fee
Mondays & Wednesdays	7:30-8:45 pm	\$49/month
Saturdays	10:30 am-12:00 pm	\$49/month
Location	Crystal Community Center	





ADULT TENNIS LEAGUES

Intermediate and advanced players may be combined to form leagues. Evening leagues will play 7-10 weeks with one match a week. Matches may be assigned in each participating community dependent on each league's participants. Each player will receive a schedule for matches. Matches can be changed by calling the opponent and making arrangements to play another day or time. There is a forfeit/ no-show policy (this means not contacting your opponent). After two reported no-show times, you will be removed from the league and no refund will be given. Register by May 22.

Activity#	Day	Date/Time	Fee
8467	Tuesday Women's Singles	Jun 9 6:00-9:00 pm	\$25
8470	Thursday Men's Singles	Jun 11 6:00-9:00 pm	\$25
Location	Cooper High School		

FALL ADULT VOLLEYBALL LEAGUES

League play begins in October and continues into February/ March (15 weeks of games). Call the Recreation Office for an informational letter. Registration begins September 1 and registration is first come, first serve. The following leagues are offered in Power and Intermediate levels.



Activity#	Day	Date/Time	Fee
8275	Monday Men	Oct 12 6:15, 7:30, 8:45	\$435/team
8276	Tuesday Women	Oct 13 6:15, 7:30, 8:45	\$435/team
8277	Wednesday Co-Rec	Oct 14 6:15, 7:30, 8:45	\$435/team
Location	Crystal Community Center & Forest Elementary		

ADULT LAP SWIM

Swim and stay fit for life! Swimming can be fun and is a great form of exercise at the same time. Enjoy the 25-yard lap lane during general pool hours at a reduced rate. Swimmers must be 16+ years of age. Limited space on busy days.

Day	Date/Time	Fee
Monday-Thursdays	7:15-8:30 pm*	\$2
Monday & Wednesdays	10:30 am-12:30 pm*	\$2
Location	Crystal Cove Aquatics Center	

ADULT YARD GAME LEAGUE

Crystal Recreation is looking for new teams to participate in our Adult Yard Games League this summer. It's an American tradition to get your friends and family together for a barbecue in the backyard. We will provide the backyard in this unique sports league that includes a different yard game every week. Each team will play in a 5-week regular season, followed by a season-ending playoff tournament. Games that may be included are baggo, lawn darts, ladder golf, bocce, washers, horse shoes, etc. Teams may consist of 2-4 players ages 18+, any gender. Register by May 15.



Activity#	Day	Date/Time	Fee
8061	Thursday	Jun 4-Jul 16 6:30-8:30 pm	\$40/team
Location	Becker Park 6225 56th Ave N		

CRYSTAL FROLICS BAGGO TOURNAMENT

Be a part of the annual Crystal Frolics Celebration and sign-up a team for Baggo. Teams of 2-4 (any gender) will compete in this 18+ tournament. Tournament will consist of pool play followed by single-elimination tournament. Prizes are given away to top teams as well as teams with the most creative uniforms and team name. This year's theme will be Football. Register by July 10.



Activity#	Day	Date/Time	Fee
8473	Saturday	Jul 25 10:00 am-5:00 pm	\$30/team
Location	Becker Park, 6225 56th Ave N		

ADULT WATER AEROBICS

Let's get fit in the water. A non-impact intense water workout that will improve muscle tone and cardiovascular fitness. This 6 week class is intended for many levels of fitness ability. Season passes not permitted. Must be 18 years or older. Minimum 4, maximum 8.

Activity#	Day	Date/Time	Fee
8328	Tuesdays & Thursdays	Jun 6-Jul 2 9:00-9:45 am	\$20 residents \$27 non-residents
Location	Crystal Cove Aquatics Center		