



MRPA Fitness and Wellness Section

Building Healthy Communities Together

February 17, 2010 / 10 a.m. – 12 Noon
Shakopee Community Center

1255 Fuller Street
Shakopee, MN
Host: Travis Karlen
952-233-9500

AGENDA

Sizzling Topic: Kettlebell Training

Bring This Fit Tip To Share:

- What are your facilities new fitness programs/trends for 2010?

Call meeting to order

1. Welcome and Introductions:
 - a. You are a representative of ____
 - b. What Fitness and Wellness topic do you want to learn more about in 2010?
2. Additions to the Agenda
3. Approval of minutes

Speaker or Professional Connections:

James Neidlinger from 5 Rings Fitness

- What is Kettlebell training?
- Options to start Kettlebell training in your facility.
- 10 minute opportunity to try some kettlebell exercises.

Meeting continued:

4. Sizzling Topic Discussion: open dialog
5. Fitness and Wellness Section survey discussion
6. MRPA Updates – Staff report and board liaison: Michelle Snider/Erica Anderson
7. Fitness Section planning for 2010. Topic ideas, locations/host sites, time change/recommendations to ensure everyone can attend.
8. Section Liaison updates (Aquatics, Facilities, Parks & Natural Resources, Programming, Step Up to Health, and Administration)
9. Facility Tour

The next Fitness & Wellness Section Meeting – TBD based on survey results!

MAKE IT FUN INSIDE & OUT!