

Parks & Recreation



Inver Grove Heights

Family Fun!

All activities take place at Veterans Memorial Community Center

VMCC Fitness Open House

Thursday, Dec. 29
4-8 p.m.

Check out these mini-classes:

Karma Kids:	4:15 p.m.
Instafit:	4:45 p.m.
Yoga:	5:15 p.m.
Wellness:	5:45 p.m.
Nutrition:	6:15 p.m.
Strength Circuit:	6:45 p.m.
Boot Camp:	7:15 p.m.
Boxing:	7:45 p.m.

Take a tour and get a fitness assessment.

Sunday Splash

9 - 11 a.m.

Fee: \$5 per person

Join us the 3rd Sunday of every month at the waterpark as we will turn on the features for this special day.



THE GROVE
AQUATIC & FITNESS CENTER

Dates are:

Dec. 18
Jan. 15
Feb. 19
March 19
May 21

New Year's Eve Party

Saturday, Dec. 31 Noon-3:30 p.m.

- Swim in our waterpark
- Ice Skate
- Play BINGO
- Try Log Rolling
- Jam out to music in the pool
- Countdown to the New Year



Pre-registration is recommended.

\$25 per family (up to 4 people) FA-NYE2017
\$8 per individual FA-NYE101

These activities are not sponsored by ISD 199.

For more information: Call 651-450-2585 or online at www.funatthegrove.com.



VETERANS MEMORIAL COMMUNITY CENTER
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Inver Grove Heights, MN 55077

