**CYCLE PLUS**

THIS CLASS IS FOR ANYONE! YOU WILL HAVE FUN CHALLENGING YOURSELF THROUGHOUT THE WORKOUT WITH HILLS, SPRINTS, JUMPS AND ANY OTHER FUN THINGS YOUR INSTRUCTOR WILL ENVISION FOR THAT DAY’S RIDE!!

***Instructor: Jazmine***

***Location: Fitness Gym***

***Time: 9-945am T, TH***

**METCON**

METCON IS YOUR GO TO FULL BODY WORKOUT THAT WILL AIM TO GET YOUR METABOLISM FIRING ON ALL CYLINDERS!! METCON IS UTILIZED IN CROSSFIT, HITT & TABATA WORKOUTS TO NAME A FEW!! SIMILARLY, THIS CLASS WILL INCLUDE A COMBINATION OF CARDIO & STRENGTH EXERCISES WITH VARIED INTENSITIES & DURATIONS! IF YOU’RE LOOKING FOR A HIGH INTENSITY & TIME-EFFICIENT CHALLENGE THIS IS THE CLASS FOR YOU!!!!

***Location: Fitness Gym***

***Time: 630-715pm M, W***

**PICKLE BALL**

COME DE-STRESS & BURN SOME CALORIES!! THERE IS NO INSTRUCTOR FOR THIS ACTIVITY

***Group Therapy***

***Location: Gym***

***Time: 5-615am T, TH***

 ***130-330pm M, W***

 ***10-12pm Friday***

**ZUMBA**

IF YOU HAVEN’T JOINED US YET, YOU ARE MISSING OUT!! IT’S A FUN, EFFECTIVE AND EASY TO FOLLOW LATIN DANCE PARTY!! ANY LEVEL WELCOME! JOIN JANELU & GET THAT WORKOUT DONE WITHOUT EVEN KNOWING IT’S A WORKOUT!

***Instructor: Janelu***

***Location: Fitness Gym***

***Time: 10-1045am M, W***

**CATHARTIC CARDIO**

FIND A HEALTHY PHYSICAL & EMOTIONAL OUTLET IN THIS KICKBOXING CARDIO CLASS!! LEARN TO PUNCH & KICK IN A SAFE ENVIONMENT DESIGNED TO BUILD CONFIDENCE & RELEASE NEGATIVE EMOTIONS! TAKE HEART, KICK BUTT!!!

***Instructor: Nickolas***

***Location: Fitness Gym***

***Time: 615-7pm T, TH***

**FIGHTING GRAVITY**

HIT THE GYM FOR A LITTLE PICK-ME-UP AFTER WORK!!! A PERIODIZED APPROACH TO FULL BODY CIRCUIT-TRAINING IS PERFECT FOR PEOPLE WHO NEED TO GET A LOT DONE IN A SHORT TIME!

***Instructor: Nickolas***

***Location: Fitness Gym***

***Time: 515-6pm T, TH***

**MORNING CIRCUIT**

GET UP AND GET MOVING!! WORKING OUT BEFORE WORK WILL KEEP YOU ENERGIZED ALL DAY LONG! TONE UP AND GET STRONG ON MONDAYS AND WEDNESDAYS WITH A WEIGHT CIRCUIT CLASS! THIS CIRCUIT WILL SURELY GET YOU TONED FROM HEAD TO TOE!!

***Instructor: Stacy***

***Location: Weight Room***

***Time: 530-615am M, W, F***

**LIFT CIRCUIT**

THIS CLASS CHALLENGES ALL YOUR MAJOR MUSCLE GROUPS BY USING THE BEST WEIGHT ROOM EXERCISES! WITH A FOCUS ON SAFETY AND PROPER LIFTING TECHNIQUES, YOU WILL GAIN A WORKING KNOWLEDGE OF WEIGHT TRAINING EXERCISES THAT WILL LEAVE YOU FEELING CONFIDENT WHEN LIFTING IN OUR CLASS OR ON YOUR OWN!!

***Instructor: Alli***

***Location: Weight Room***

***Time: 9-10am M, W, F***

**SENIOR STRENGTH**

THIS SENIOR-FOCUSED STRENGTH CLASS COMBINES LOW-IMPACT EXERCISES TO BUILD FUNCTIONAL STRENGTH, IMPROVE BALANCE AND INCREASE MOBILITY, FUELING AN ACTIVE, VIBRANT LIFESTYLE AT ANY AGE!!!

***Instructor: Amie***

***Location: Weight Room***

***Time: 1-2pm T, TH***

**LUNCH LIFT**

LIFT WEIGHTS & YOUR SPIRITS DURING THIS ACTION-PACKED LUNCH HOUR!! FUN, SCIENTIFICALLY DESIGNED WORKOUTS WILL LEAVE YOU TIRED YET HUNGRY FOR MORE!!

***Instructor: Nickolas***

***Location: Weight Room***

***Time: 1210-1250pm M, W***

**GROUP POWER**

JOIN JANELU FOR A 1-HOUR CUTTING-EDGE STRENGTH TRAINING WORKOUT!! DESIGNED TO GET YOU MUSCLE & MOVEMENT STRONG! COMBINES TRADITIONAL STRENGTH TRAINING WITH FULL-BODY, INNOVATIVE EXERCISE USING AN ADJUSTABLE BARBELL, WEIGHT PLATES, BODY WEIGHT, AND THE STEP!! HEART-POUNDING MUSIC & AN EXPERT COACH!!!

***Instructor: Janelu***

***Location: Fitness Gym***

***Time: 9-10am M, W***

**\*\*CLASSES FREE TO MEMBERS\*\***

**\*\*$30 FOR NON-MEMBERS\*\***

**TAI-CHI**

Tai-Chi is a beautiful martial art that has been around since ancient times, but contemporary scientific research has shown it can improve cardiovascular health, enhance balance and flexibility, boost cognitive function, reduce anxiety and even support quality sleep patterns. This class will be the calm center of your turbulent modern existence.

***Instructor: Nickolas***

***Location: Fitness Gym***

***Time: 11-1130am M, W***

**BARRE FUSION**

BARRE FUSION IS A LOW-IMPACT MUSCULAR ENDURANCE CLASS THAT COMBINES BALLET, PILATES AND YOGA ELEMENTS TO ENHANCE MUSCLE TONE, POSTURE AND FLEXIBILITY. IT USES LIGHT WEIGHTS, BANDS, BALLS AND OTHER PROPS TO PROVIDE A CHALLENGING AND REWARDING WORKOUT THAT EMPHAZES CORE STRENGTH AND BALANCE.

***Instructor: Renee & Amie***

***Location:*** ***Fitness Gym***

***Time: 10-11am T, TH***

**MOVEMENT & MOBILITY**

JOIN AMIE AND RENEE FOR A GENTLE FITNESS CLASS THAT INCLUDES A VARIETY OF ROUTINES FROM STRETCHING, FOAM ROLLING, BODYWEIGHT EXERCISES TO LIGHT WEIGHTLIFTING AND YOGA. WE WILL PRIORITIZE THE DEVELOPEMNT OF FLEXIBILITY, BALANCE AND POSTURE AS WELL AS STRENGTHENING MUSCLES IMPORTANT FOR PERFORMING DAILY ACTIVITIES WITH EASE AND EFFICIENCY.

***Instructor: Renee & Amie***

***Location: Fitness Gym***

***Time: 11-1145am T, TH***

**HEALTHY HEART CARDIO ROOM**

The Heart Room has a variety of machines to give you a great aerobic workout! We have EQUIPPED this area with 6 treadmills, 4 Elliptical Runners, Nustep, 3 Recumbent bikes, Star Trac Trail Climber, 2 Stair Masters, 3 Cybex Arc Trainers, Stratus Upright Bike Octane 6000. Each machine is equipped with a sound system allowing you to listen with headphones to one of 3 New 65” TV’s. Don’t let your training suffer due to bad weather!! Come workout in the Heart Room. Make reservations for treadmills at the Front Desk.

***No Children Under 13 Allowed, 13-17 Years Must Have Guardian Signed Waiver & UNDERSTAND RULES & CONSEQUENCES OF NOT FOLLOWING THE RULES IN THE HEARTROOM/WEIGHTROOM***

**EXPANSIVE WEIGHT ROOM**

Get a great workout using our Olympic weights, dumbbells, bench press, preacher bench, back extension rack, Cybex multi-gym, free weights, hip sled, thigh machine, sit up rack, weight trees, Nautilus, Gravitron, Matrix rear delt fly machine, Smith machine, ab machine, hamstring and leg extension machine and a Jacob’s Ladder machine and a new squat rack, LEG PRESS, DEAD LIFT MACHINE!

Check out our NEW Infrared Sauna IN THE WEIGHT ROOM! WE ALSO HAVE ONE IN THE WOMEN’S LOCKER ROOM!

***Morning Classes: 530-615am M, W 9-10am M, W, F***

***Noon Class: 12-1pm M, W***

***Afternoon Class: 1-2pm T, TH***

***Evening Class: 515-6pm T, TH***

**HIRE A TRAINER**

At CPRD, your personal fitness goals are our priority. CPRD has 2 nationally Certified TRAINERS, NICKOLAS pARKER & rENEE HOFACKER!! Do you want to slim down? Win your next sporting event? Recovering from a major surgery? Work WITH NICKOLAS OR RENeE & THEY will find the balance of your fitness needs with hard work, fun and energy! With every visit you’ll leave a little tired and a lot rewarded!

***\*\* A FEW REASONS TO HIRE A TRAINER \*\****

***--REGULAR ACCOUNTABILITY***

***--NEED A CHALLENGE***

***--VARIETY IN WORKOUTS***

***--HAVE A PHYSICAL CONDITION WHICH REQUIRES THE ATTENTION FROM A TRAINED PROFESSIONAL***

***--NEED A LITTLE HELP IN THE MOTIVATION DEPARTMENT***

***--NEW TO THE GYM AND HAVE A LOT TO LEARN ABOUT TECHNIQUES, EQUIPMENT AND FITNESS***

***--PERSONALIZED ATTENTION BEATS ANY TIP YOU SEE ON TV OR IN A MAGAZINE***

***--STUCK IN A RUT AND JUST CAN’T SEEM TO REACH A NEW LEVEL***

***--MAXIMIZE YOUR TIME, FOCUS YOUR ENERGY & GET RESULTS!!***

***call Nickolas or Renee at 748-3326 ext 121 to set up an appointment today!!***

***$30 members, $35 non-members***

***Initial consult free to members, $25 non-members***

***SUPERVISION POLICY***

***Our policy requires that no child under the age of 9 years will be allowed in the building without the DIRECT SUPERVISION OF A PERSON OVER THE AGE OF 13!***

**YOUTH ACTIVITIES**

**TOT TIME**

**THIS IS THE FUN CLASS!!!** THE CLASS WHERE WE GET TO RUN, PLAY, DANCE & SING WITH tASHA!!!!

WEDNESDAYS IN THE BIG GYM SO YOU HAVE LOTS OF ROOM TO RUN & PLAY!!!

STARTS Wednesday, September 11Th

AGES 3-5 1030-11AM

**PE**

DO YOUR KIDS NEED A BREAK IN THE MIDDLE OF THE WEEK? JOIN tASHA FOR BASIC SPORT FUNDAMENTALS, TEAM ACTIVITIES AND SOME EXERCISE!!! MEET IN THE BIG GYM! SESSION GOES FROM SEPT TO DECEMBER.

wEDNESDAY sEPT 11TH

AGES 6 & UP 11-1145AM

$10 FOR NON-RESIDENT CHILDREN

FREE FOR RESIDENT CHILDREN

**GROWTH**

GROWTH PROVIDES AN AVENUE FOR PHYSICAL FITNESS WITH A TON OF FUN GAMES BUT WILL ALSO GIVE KIDS TOOLS TO BUILD THEIR EMOTIONAL VOCABULARY AND MENTAL STRENGTH BY TALKING ABOUT VALUES SUCH AS COOPERATION & RESPECT!!

TUES-THURSDAY

4-5PM

**SOCCER**

COME JOIN OUR SOCCER LEAGUE & LEARN SOME NEW SKILLS AND POLISH UP THE OLD ONES!!!

REGISTER AT CPRD

GAMES START SEPT 5TH

**CPRD KIDS’ AFTERSCHOOL PROGRAM**

CPRD KIDS’ IS AN AFTERSCHOOL PROGRAM OFFERING CARING, ADULT SUPERVISION FOR THE CHILDREN OF WORKING PARENTS. WE PROVIDE CHILDREN KINDERGARTEN THROUGH 5TH GRADE A PLACE TO GO AFTER school TO HELP WITH HOMEWORK, PLAY GAMES, DO ART & CRAFT PROJECTS, have SNACKS AND MORE!!! REGISTER AT CPRD FRONT DESK. ANY QUESTIONS FEEL FREE TO CONTACT CPRD AT 748-3326 EXT 126.

SUPERVISOR: KORILEE WILLARD

STAFF: kIM SPRENGER, SIERRA WEST, CALLIE SKILES & MIRALGA LOVATO, ADDI PURDON, TRISTEN WEST & TESSA BROWN

lOCATION: CPRD COMMUNITY CENTER

TIME: 330-6PM – MONDAY THRU FRIDAY—EACH DAY SCHOOL IS IN SESSION.

COST: $40 PER SESSION

**BREAKFAST CLUB**

LOOKING FOR A SAFE PLACE FOR YOUR CHILD TO GO BEFORE SCHOOL IN THE MORNING? BRING THEM TO THE BREAKFAST CLUB!! THE BREAKFAST CLUB IS OPEN AT 6AM EVERY MORNING SCHOOL IS IN SESSION. BREAKFAST IS AVAILABLE ON SITE. BUS TRANSPORTATION TO SCHOOL IS PROVIDED. WHIle AT THE PROGRAM, CHILDREN MAY REcEIVE HELP WITH HOMEwoRK, SPEND TIME PLAYING gAMES OR PARTICIPATE IN OTHER FUN, SUPERVISED ACTIVITIES!!!

SUPERVISOR: kARRI kERZMAN

lEADER: Miralga, NICOLE & MAkENZIE

TIME: 6-8AM EVERYDAY SCHOOL IS IN SESSION

COST: FREE

lOCATION & REGISTRATION: CPRD COMMUNITY CENTER

**cprd’s kiddie korner**

please make sure your immunization records are turned into the nursery, they have to be on file to be in the nursery.

**STAFF: SIERRA, KIM, NICOLE, KORI & CALLIE**

**DANIELLA & MCKENZIE & ADDI**

**HOURS MORNINGS**

 **9-12PM MONDAY – THURSDAY**

 **9-11AM FRIDAY**

**HOURS EVENINGS**

 **6-730M MONDAY/WEDNESDAY**

 **5-7PM TUESDAY/THURSDAY**

**\*\*\*OPEN FOR VOLLEYBALL\*\*\***

**MONDAY NIGHT LADIES’ VOLLEYBALL**

SIGN YOUR TEAM UP OR JUMP ON ONE AND COME PLAY SOME VOLLEYBALL!!! THIS PROGRAM PROVIDES YOU WITH THE OPpORTUNITY FOR COMPETITION, LAUGHTER & SOCIAL TIME!! LEAGUE PLAY ON MONDAYS. REGISTER BY SEPT 9TH. THERE WILL BE 6 WEEKS OF GAMES AND 2 WEEKS FOR TOURNAMENTS!!

TIME 645PM

LOCATION: CPRD GYM

ROUND ROBIN/REGISTRATION: MONDAY sEPT 9TH

COST: $30

***SUPERVISION POLICY***

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LOOK FOR UPDATES & CHANGES TO THE NURSERY SCHEDULE, CLASSES, AND TIMES ON OUR WEBSITE & FACEBOOK PAGES. WE THANK YOU FOR SHOWING UP!!!