

April 2018 WORKSHOPS

Clinton Schools Community Fitness Center

SPINNING 5:30AM-6:15 AM Mon/Wed Apr 2, 4, 9, 11, 16, 18, 30. Instructor Susie Hamilton. Cost \$45.

TORCH 5:30-6:15 AM Tu/Th Apr 3, 5, 10, 12, 17, 19. Instructor Susie Hamilton. Cost \$39.

EXHALE YOGA 5:30-6:15 AM Fri Apr 6, 13, 20. Instructor Susie Hamilton. Cost \$20.

MAT PILATES 6:20-7:00AM Mon/Wed Apr 2, 4, 9, 11, 16, 18, 30. Instructor is Pam King Cost \$45.

Please like us on Facebook.. <https://www.facebook.com/clintoncentralschoolcommunityfitnesscenter/>

WORKSHOP PAYMENT OPTIONS

OPTION ONE- If signing up for a specific workshop for the entire month, pay the monthly fee. This guarantees you a spot in the workshop for that entire month. Sign up through BOCES for this option.

*** You can register online (via credit card) by [clicking here](#), choosing "Clinton" from the "Facility" drop down, clicking on the "Search" button, and choosing the workshop you wish to register for. Or call 793-8696 to register via phone.

OPTION TWO –Purchase a fill in workshop card for \$40 worth 5 classes. You can attend any workshop class depending on availability. Check at front desk! There is no expiration date on these cards. Sign up at the fitness center for this option. Please have the correct cash or check. (The FC does not take Debit or Credit)

OPTION THREE –Purchase a one-time pass for \$10 depending on availability. Sign up at the fitness center for this option. Please have the correct cash or check. (The FC does not take Debit or Credit)

CLASS DESCRIPTIONS - Classes cater to all fitness levels

Spinning - an indoor cycling cardiovascular class. The motivational cues, music and movements keep you inspired!

Mat Pilates –It lengthens the muscles while strengthening the core. Breathing is a major focus.

Fit Club – Fit mind, fit body, and fit spirit! Enter Fit Club and let your spirit soar, your body become alive and your mind expand. Feel energized, feel the sweat...stretch. After the warm up alternate between cardio and strength stations. Finish with a refreshing stretch.

Exhale Yoga – Find your balance in body and life. This moderate Kripalu yoga class is designed to nurture mindfulness while encouraging an exploration of poses and self-acceptance. Each class includes strengthening, stretching, balance and relaxation. Please bring water and a yoga mat.

Torch – Torch calories and fat through an efficient workout that blends 20 minutes of Spinning with 20 minutes of weight-lifting exercises. Fast & effective, TORCH builds muscle, reduces fat and helps to improve your metabolism & balance. Please bring a small towel and water.

Fusion - Find strength and balance through an efficient workout that blends 20 minutes of weight lifting exercises with 20 minutes of yoga poses. This class builds muscle, burns fat, improves your metabolism and betters your balance and flexibility. Each class ends with guided relaxation so you leave feeling recharged. Please bring a yoga mat and water.

Resilience Yoga - This moderate class in the Infinite Light-Kripalu lineage is designed to marry the breath with the postures as a means to enhance strength, flexibility, balance, and calm of both the body and the mind. Suitable for beginners and beyond. Please bring water and a mat.

Boot Camp – This class will be geared toward people who want weight lifting as well as bootcamp style cardio. Students will have a circuit of weight lifting followed by cardio circuit. The cardio part will be outside whenever possible and the weight portion will be in the actual gym. The instruction will be customized to each student so it can be advertised as group training.

Strength Training – This class will show you how to build personal strength using your own body. This 45 minute class features a 10 minute warm up 25 minute circuit and 10 minute cool down. This class is for all fitness levels. Please bring 1 16. Oz water, sneakers and towel.

FITNESS MEMBERSHIPS AVAILABLE

(community & non-community welcome)

The Fitness Center will continue to be open during early mornings, early evenings and Saturday mornings for adult use.

HOURS OF OPERATION:

Monday – Thursday	5:00 am – 7:00 am
Monday – Thursday	5:00 pm – 7:00 pm
Saturday	7:00 am – 10:00 am

- Payment by cash, check, or money order should be made to **MO BOCES** when purchasing a fitness membership at the fitness center.
- Debit cards can be used but you must call BOCES at 315-793-8696.

3 Month Memberships: \$45

3 Month Senior Citizen membership (62 and older): \$40.50 (10% discount)

1 week (or weekend pass): \$10

1 Month CCS College Student home on break: \$15

1 Month Memberships: \$15

For more information on fitness center memberships and/or workshops, community hours, directions, etc., go to ccs.edu and click on fitness center. You can call fitness manager Garey Benn at 315-557-2310 or e-mail gbenn@ccs.edu.

Pick up the complete flyer located at the front desk or workshop room which will give you directions on how to sign up, class descriptions, and payment options

WINTER WEATHER CLOSINGS

An email will go out to the members of the Fitness Center. Please sign up at the front desk, if you are not currently receiving our monthly emails.

A message will be posted on our Facebook page:

<https://www.facebook.com/clintoncentralschoolcommunityfitnesscenter/>

WKTV – It will be posted under Clinton Central Schools / Community Fitness Center. There will be a separate post for the AM and PM hours.