STAFF MEMBERS

**MELTDOWN CHANGES FOR COVID-**

**PLEASE READ:**

**Our instructors will be available to sign you up for Meltdown during posted hours from Jan 4th to Jan 8th .**

**Jan 11th to March 19th weigh ins will be by appointment only. This year we will be allowing those who would like to participate from a distance to take a picture of their scale and email your results to us at** [**cprdfitness@gmail.com**](mailto:cprdfitness@gmail.com)**. The Fitness dept. will keep up with your progress and put you in for the final drawing.**

**Meltdown information is taken privately & confidentially so please plan to have a small wait time, we value everyone’s time & privacy and ask for your patience in this matter. Thank you!**

**COLSTRIP PARK & RECREATION DISTRICT**

**Session & Meltdown Registration Begins January 4th @9am**

Open Gym Hours

High School & Middle School Ages Only

Friday: 7-9pm

**Community Center Building Hours:**

4am-9pm Monday – Thursday

4am-7pm Friday

8am-3pm Saturday & Sunday

**Email:** [**cprdinfo@colstripparks.com**](mailto:cprdinfo@colstripparks.com) **/ phone: 406-748-3326 / fax: 406-748-2426**

[**www.colstripparks.com**](http://www.colstripparks.com) **Also on **

**CHECK OUT OUR WEBSITE FOR REGISTATION FORMS, LEAGUES & CLASS INFO!**



110 PARK STREET / PO BOX 127 2021 WINTER RECREATION SCHEDULE

FB @ Colstrip parks www.colstripparks.com

**C P R D**

Liz Jensen.…………..…Executive Director

Janetta Dudley….…Payroll/AP Clerk

Rick Seimers………….Park Supervisior

Karri Kerzmann……. Office Manager

Melody Harris….KIDS Coordinator

Deann Bailey…………Fitness/Safety Director

Suzy Batie……………. Golf Superintendent

Dwayne West………. Building Maintenance

Tasha Miller…………. Program Director

Sierra West…..Child Care Supervisor

REGISTRATION & REFUND POLICY

All registrations must be in person. No phone, mail or email registrations. All Class fees must be paid in full at the time of registration. Absolutely no refunds or credit will be given for any class unless CPRD cancels a class due lack of participation.

Registration for fitness classes will be accepted anytime during the fifteen-week session.

RESERVATION POLICY IS AS FOLLOWS

Participants must make reservations no sooner than one day before the class. If a participant reserves a bike and does not cancel at least 2 hours before the class, they will not be allowed to reserve a bike for a week after the infraction. The second time they do not cancel, they will lose the privilege for 2 weeks and so on.

GROUP CYCLE POLICY

We only have 11 spin bikes, we hope people will be lining up to take advantage of this wonderful opportunity. We will be taking reservations for the bikes.

**\*\*ALL CLASSES FREE TO MEMBERS \*\*\* \*\*\*$30 FOR NON-MEMBERS\*\*\***

BOARD MEMBERS

Bill Neumiller **\*** Garrick Goodheart **\*** Joette Speake

Ryan McKinney **\*** Jerry Gillespie **\*** Gary Parry

\*Seth Salusso\*

FRONT DESK

Karri Kerzmann **\*** Ryleigh Button \* Joey Gillespie

Addie Casterline **\*** Korilee Willard **\*** Shelby Button

\*Abby Baer \* Ty Borge\*

FITNESS INSTRUCTORS

Deann Bailey **\*** Alli Kappel **\*** Renee Hofacker

Nickolas Parker **\*** JaneLu Hossner

\*Katie Howell \*

FACILITY NUMBERS

Administration/Rec Center……………..748-3326

Pondersoa Butte Colf Course………….748-2700

FITNESS CLASSES

Feel Great – Reduce Stress – Meet Friends

Keep those extra pounds off with a great workout program with our certifed instructors, Deann, Nickolas, Katie, Renee, Alli and Janelu. You will be treated as a member of a large family and they will attempt to help you work out your individual fitness needs.

**All fitness classes are FREE to members**

**Session BEGINS**

**Jan 4th – March 19th**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **2021 WINTER FITNESS CLASS SCHEDULE** | | | | | |
| January 4th – March 19th | | | | | |
| **MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY** | | | | | |
| 5:20-6:20am | Circuit Training | Cycle | Circuit Training | Cycle | Stretch & Lengthen |
| 9-10am | Group Power | Cycle | Group Power | Cycle | Group Power |
| 10-11am | Zumba 10-10:45 | Gym Circuit  w/weights | Zumba 10-1045 | Gym Circuit  w/weights | Zumba 10-1045 |
| 11-1130am | Tai Chi | Zumba Gold | Tai Chi | Zumba Gold |  |
| 11:30-12pm | Hot Rock Yoga 1130-1215pm | Gentle Stretch  1130-12pm | Hot Yoga  1130-1215pm | Gentle Stretch  1130-12pm |  |
| 12-1pm | Circuit Training  1205-1250pm | Group Power | Circuit Training  1205-1250pm | Group Power |  |
| 1-2pm |  | Circuit Training |  | Circuit Training |  |
| 4-5pm |  | \*\*Youth Power Play |  | \*\*Youth Power Play |  |
| 5:10-6:10pm |  | Circuit Training |  | Circuit Training |  |
| 5:30-6:15pm | Zumba | Yoga |  | Yoga |  |
| 6:15-7pm |  | Colstrip Ninja Warrior |  | Colstrip Ninja Warrior |  |
|  | **YOUTH** | **FITNESS** | **CLASSESS** |  |  |
| 1030-1215pm |  |  | **Tot Time**  **\*\*Ages 3-5**  **1030-11am**  **P.E.**  **\*\*Ages 6-8**  **11-1130am**  **\*\*9 & up**  **1130-1215pm**  **\*\*Please make sure you are in the right age group for class.** |  |  |
| 4-5pm |  | Youth Power Play |  | Youth Power Play |  |

**FYI: AS A PUBLIC HEALTH PRECAUTION, ONLY CLASS PARTICIPANTS WILL BE ALLOWED IN THE WEIGHT ROOM DURING CLASS TIME. THANK YOU FOR UNDERSTANDING**

**CYCLE**

CYCLE is for everyone from newbies to hardcore cyclists…with an emphasis on providing a fun, effective & well-rounded workout!! It’s a great opportunity to get a personal workout in a group setting! Join Deann, Katie & Allie with 3 different times to fit into a busy schedule! **CHECK SCHEDULE FOR CLASS TIMES**

**ZUMBA**

Find your groove with 45 minutes of fun!! Zumba is a fusion of high-energy cardio and dance club Hijinx!! All ages and talents can feel like a successful dancer by the end of class! Join Janelu & bring friends, bring family and bring your dancing shoes!!!

**CHECK SCHEDULE FOR CLASS TIMES**

**CIRCUIT TRAINING**

Circuit training is the foundation of this 60-minute, total body workout. Increase your metabolism by building muscle so you will be burning more calories even at rest. Move station to station incorporating barbells, dumbbells, universal machines & yes…. sometimes your own body weight. Build strength, muscle endurance & tone up & have a blast doing it!!

**\*WEIGHT ROOM IS CLOSED TO PUBLIC\* \*\*DURING CLASSES\*\***

**YOGA & STRETCH**

Deann, Katie & Renee offer lots of different options & times for Yoga & Stretch. Try them all & find a favorite! Yoga builds muscle endurance & encourages breath=body awareness. Attention is paid to finding stabilization in yoga poses, building functional strength & then longer held stretches after the muscles have been properly warmed up & worked. It just makes you feel better when you are done! Join us in one of our many classes!

**TAI-CHI**

Tai-Chi is a beautiful martial art that has been around since ancient times. Scientific research has shown it can improve cardiovascular health, endurance, balance & flexibility, boost cognitive function, reduce anxiety & even support quality sleep patterns. Join Nick & be the calm center of your turbulent modern existence.

**CHECK SCHEDULE FOR CLASS TIMES**

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

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

**ALIGN**

Rejuvenate your body’s mobility, flexibility & balance. Stretching can be beneficial for everyone! Even if you are inflexible or have special challenges. Gentle stretch will be modified for your benefit.

**COLSTRIP NINJA WARRIOR**

Speed. Agility. Quickness. Strength.

These are the traits of every successful ninja. In this HIIT class you will utilize a variety of implements & obstacles to forge your body into a weapon (Legal Disclaimer: this is just a metaphor.) Intermediate to Advanced fitness levels necessary. Join Nick and make it happen!

**MOSSA GROUP POWER**

Join Katie & get a full body workout with our new MOSSA POWER class! We use a weighted bar to target all the major muscle groups! It’s a choreographed weight class & Katie will get you moving!!!

HIRE A TRAINER

At CPRD, your personal fitness goals are our priority. CPRD has nationally AFAA Certified Trainer, Deann Bailey. Do you want to slim down? Win your next sporting event? Recovering from a major surgery? Work with Deann. She 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!

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

*Initial consultation: Free to members,*

*$25 non-members*

**CHECK SCHEDULE FOR CLASS TIMES**

**YOUTH ACTIVITIES**

**PHYICAL EDUCATION…PE**

Join Tasha for basic sport fundamentals, team activities & fun games & of course…some exercise!!!

**\*\*\*please make sure you are in the age-appropriate class\*\*\***

**TOT TIME**

This is the fun Class!!!! Where we get to run, play, dance & sing with Tasha!!!

**CHECK SCHEDULE FOR CLASS TIMES**

UTAH JAZZ 4th & 5th GRADE BASKETBALL

This basketball program emphasizes fundamentals & skill development for boys & girls in a fun recreational setting.

Registration due & Coachers meeting --- Jan 4th, 2021.

Games start Jan 14th, 2021.

$20 w/shirt $10 no shirt

***\*\*\*YOUTH CLASSES FREE TO MEMBERS, $10 FOR NON-MEMBERS\*\*\****

**SUPERVISION POLICY**

Our policy requires that no child under the age of 9 year will be allowed in the building, swimming pool or wading pool without the DIRECT SUPERVISION OF A PERSON OVER THE AGE OF 13!

**CPRD OPEN GYM**

For High School and Middle School students ONLY!! Why hang outside and be subject to ever changing weather? Open Gym provides a clean indoor environment with plenty of supervision. We will be offering 3 on 3 tournaments and volleyball tournaments. Watch for postings at your school or just come and enjoy open gym.

*Supervisor: Karri Kerzmann and Front Desk Staff*

*Location: CPRD Gym*

*Time: Friday 7-9pm,*

**SUPERVISION POLICY**

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**CPRD KIDS AFTERSCHOOL PROGRAM**

CPRD KIDS is our afterschool program offering caring, adult supervision for the children of working parents. We provide children, Kindergarten through age 12, a place to go afterschool to help with homework, play games, do art and craft projects, have snacks and more!

Register at CPRD Front Desk. If you have any questions, feel free to contact CPRD at 748-3326 or 748-3326 ext 128.

***Supervisor: Melody Harris***

***Location: CPRD Community Center, KIDS room.***

***Time: 3:30-6pm – M-F each day school is in session***

***Cost: $40 per session***

**CPRD BREAKFAST CLUB**

Looking for a safe place for your child to go to before school in the morning? Bring them to the Breakfast Club! The Breakfast Club is open at 5:30am every morning school is in session. Registration may be made at CPRD. 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. Registration forms available at the CPRD Front Desk.

***Supervisor: Karri Kerzmann***

***Time: 5:30-8am each day school is in session***

***Cost: Free***

***Location: CPRD Community Center***

**ADULT PROGRAMS**

**CO-ED VOLLEYBALL**

Jump on a team and come play some volleyball! This program provides you with the opportunity for competition, laughter and social time.

Captains meet Monday January 11th @ 630pm. Round Robin play begins immediately after meeting.

**ALL FEES MUST BE PAID TO PLAY ROUND ROBIN**

***Cost: $20 Members $25 Non-members***

***Time: 645pm Mondays***

**SUPERVISION POLICY**

Our policy requires that no child under the age of 9 year will be allowed in the building, swimming pool or wading pool without the DIRECT SUPERVISION OF A PERSON OVER THE AGE OF 13!

**3 on 3 BASKETBALL**

Men Only play Wednesday evening.

Ages 16 & older

Captains meet Wednesday, January 13that 630pm

**ALL FEES MUST BE PAID BY ROUND ROBIN TO PLAY**

**Cost: $20 members $25 non-members**

**Time: 645pm Wed**

**MELTDOWN 2021**

**That’s right!!! It’s time once again for our favorite community Health Initiative! If you are looking to get active, eat healthy (& maybe lose a little weight), then look no further!**

**MELTDOWN DATES**

**JAN 4th-MAR 19th**

**Here are a couple ways to join:**

1. **In-person: drop by during our office hours the first week to sign up, then schedule appointments so we can optimize foot traffic.**
2. **Remotely: we can use a combination of e-mail, phone and/or zoom meetings to minimize face to face interaction.**

**\*\*DROP-IN HOURS ARE ONLY FOR THE WEEK OF JAN 4th- 8th**

**\*\*Jan 11th – March 19th will be by appointment only.**

**\*\*Virtual check-ins: take picture of your weight on your scale & email it to cprdfitness@gmail.com.**

*--*

CPRD’S KIDDIE KORNER

Staff: Sierra, Maria, Kim, Teresa & Beth

Morning Hours: Evening Hours:

**9 – 12pm Mon-Thurs 5 – 7pm Mon & Wed**

**9 –11am Friday 5 - 7pm Tues & Thurs**

**

***Please make sure your immunization records are turned into the nursery.***

Kiddie Korner Pop-up Kraft Class—Mondays @10am

Weekly Craft Class for Remote Learners & Home School kids – Wednesdays @11-12pm

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

Meltdown Weigh-in Times

By Appointment only

Please call the Fitness Office

Prizes & Dinner TBA

Any questions please call Deann @ 748-3326 ext 121

\*\*Remember, the real prizes are the friends we make along the way!!!