**FALL SCHEDULE**

 **STRENGTH TRAINING**

Circuit training is the foundation of these total body workouts. Strength Training follows a periodized approach that ensures you are constantly pushing yourself to new heights!! No matter if you are a beginner, recovering from injury or an advanced fitness nut, we got you covered!!! \*\*\*SEE SCHEDULE FOR TIMES & DAYS\*\*\*

**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! Bring friends, bring family and bring your dancing shoes!!!\*\*\*SEE SCHEDULE FOR TIMES & DAYS\*\*\*

**SPIN & MORE**

**Spin for 30 minutes and the rest is up to the instructor!!! Come check out what she has in store for you!!!**

\*\*\*SEE SCHEDULE FOR TIMES & DAYS\*\*\*

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 & flexibility boost cognitive function, reduce anxiety & even support quality sleep patterns. This class will be the calm center of your turbulent modern existence.

\*\*\*SEE SCHEDULE FOR TIMES & DAYS\*\*\*

FUNDAMENTAL YOGA

Vinyasa style Yoga, moving through a series of poses that warm-up the body, activate the core, and both strengthen & lengthen the muscles.

\*\*\*SEE SCHEDULE FOR TIMES & DAYS\*\*\*

BARRE FITNESS…with a little yoga at the end!

Barre Above fuses elements from ballet, yoga, Pilates & strength training for a full body workout. Barre strengthens, tones & increases muscular endurance using a variety of workout equipment such as bands, dumbbells & exercise balls!! Come move & groove to some fantastic music with Katie & Renee…. plus a bonus 15 minute yoga stretch at the end!

. \*\*\*SEE SCHEDULE FOR TIMES & DAYS\*\*\*

**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!

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

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

NINJA CARDIO

This class employs High Intensity Interval Training (HIIT) to challenge your concept of movement & athleticism. Using a combination of bodyweight exercises & fitness equipment, NINJA CARDIO will develop your strength, agility, quickness, flexibility, coordination & balance. Workouts borrow elements from nearly every sport, martial art & exercise discipline—plus they change every week—so expect the unexpected!!!

**CHECK SCHEDULE FOR CLASS TIMES**

MOSSA 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 EXERCISES USING AN ADJUSTABLE BARBELL, WEIGHT PLATES, BODY WEIGHT AND THE STEP!! HEART-POUNDING MUSIC & AN EXPERT COACH!!!

**CHECK SCHEDULE FOR CLASS TIMES**

HIRE A TRAINER

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

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

*Initial consultation:*

 *Free to members, $25 non-members*

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

**YOUTH ACTIVITIES**

**CHECK SCHEDULE FOR CLASS TIMES**

GROWTH**SDFROS**

Formerly known as Youth Power, GROWTH will still provide 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

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! Bring friends, bring family and bring your dancing shoes!!!

MONDAY EVENINGS ONLY

515-6pm

2nd & 3rd UTAH JAZZ

GAMES START ON NOV 4TH.

*\*\*\*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!

**PHYSICAL ED – P.E.**

Do your kids need a break in the middle of the week? Join us for basic sport fundamentals, team activities and some exercise!!!

Starts September 15th!

WEDNESDAYS—meet at the flagpole weather permitting

ages 5-8 11-11:30am

ages 9-up 11:30-12:15pm

**TOT TIME**

This is the fun class!!! The class where we get to run, play, dance & sing with Tasha!!!

WEDNESDAYS – in the gym

Ages 3-5 10:30-11am

**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,*

**CPRD 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 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 126.

***Supervisor: Melody Harris***

***Location: CPRD Kids at the CPRD Community Center***

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

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

**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***

**SPECIAL EVENTS**

CPRD 40TH ANNUAL TURKEY TROT

Hey all you Turkeys!!! Come strut your stuff at the 39th Annual Turkey Trot! The race will take place on Saturday November 6th, rain, snow or shine!!

2 ways to win:

1. Come closest to predicting the time it will take you to finish the course.
2. Be the first person in your division to cross the finish line.

*This is a 4.5-mile race on the bike trails of Colstrip.*

*Registration: 10am at CPRD*

*Race Time: 11am*

*Cost: $20 with Shirt $7 without*

**NURSERY**

**MON-THUR 9-12AM**

**FRIDAY 9-11AM**

**MON 515-830PM**

 **WED 515-630PM**

**MUST HAVE IMMUNIZATIONS ON FILE OR BRING THEM BEFORE CLASS**

ADULT SPORTS LEAGUES

MONDAY NIGHT LADIES VOLLEYBALL

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

League play on Mondays

Register by Sept 6th! There will be 6 weeks of games and 2 weeks for tournaments!

***Time: 6:45pm***

***Location: CPRD Gym***

***Round Robin/Registration:***

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

\*\*\*remember to sign your child up for child-care prior to games starting if needed, otherwise the Nursery will be closed during Volleyball\*\*\*