**CARDIO**

**CYCLE PLUS**

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

***Instructor: KATIE***

***Location: fitness gym***

***Time: 9-9:40 am – T, TH***

**PICKLE BALL**

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

***Group Therapy***

***Location: Gym***

***Time: 5:30-6:15 AM – T, TH***

**GROUP CYCLE POLICY**

**We only have 11 spin bikes & 9 paddleboards & we hope people will be lining up to take advantage of this wonderful opportunity. We will be taking reservations for the bikes & paddleboards.**

**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 second time they do not cancel, they will lose the privilege for 2 weeks**

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

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

**ZUMBA**

IF YOU HAVEN’T JOINED US YET, YOU ARE MISSSING 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 Hosner***

***Location: Fitness Gym***

***Time: 10-10:45am – M, W, F***

***515-6pm -Monday Even***

**CARDIO KICKBOXING**

Speed. Agility. Quickness. Strength.  These are the traits of every successful ninja.  In this HIIT class you will utilize a variety of implements and obstacles to forge your body into a weapon (Legal Disclaimer: this is just a metaphor).

Intermediate to Advanced fitness levels necessary.

***Instructor: Nickolas Parker***

***Location: Fitness Gym***

***Time: 6:15-7pm T & TH***

**RESISTANCE TRAINING**

**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: Karri***

***Location: Weight Room***

***Time: 5:30-6:15am – M, W***

**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: Katie & Nick***

***Location: Weight Room***

***Time: 9-10am – M, W, F 12-12:50pm – M, W***

**FIND YOUR STRENGTH**

COME MEET NEW FRIENDS & ENJOY THIS EASY-TO-FOLLOW WORKOUT THAT WILL INCREASE YOUR ENERGY AND STAMINA! THE INCLUDED USE OF WEIGHTS OR BANDS HELPS TO IMPROVE MUSCLE STRENGTH AND BODY DENSITY. THIS CLASS IS FOR EVERYONE FROM BEGINNER TO EXPERIENCED LIFTERS! 60 MIINUTE WORKOUT!

***Instructor: Tasha***

***Location: Weight Room***

***Time: 1-2pm – T, TH***

**LIFT**

THIS CLASS IS FOR EVERYONE!! THIS BALANCED CIRCUIT WORKOUT WILL BUILD YOUR MUSCLE STRENGTH, TONE YOU UP AND GIVE YOU YOUR SECOND WIND FOR YOUR EVENING ACTIVITIES!!

***Instructor: Nickolas Parker***

***Location: Weight Room***

***Time: 5:15-6 pm – T, TH***

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

**\*\*$30 FOR NONMEMBERS\*\***

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

***Instructor: Janelu Hossner***

***Location: Fitness Gym***

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

***NO CHILDREN UNDER 10 ALLOWED IN THE WEIGHT ROOM. Ages 10-17 must have a waiver signed by a parent or legal guardian. Children under 13 must be accompanied by a parent or legal guardian. Minors (ages 13-17) are required to complete a weight room orientation. Stop in or call Deann 748-3326 to make an appointment.***

**STRETCHING/BALANCE**

**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 Parker***

***Location: Rye Park***

***Time: 11-1130am – Monday & Wednesday***

**BARRE**

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, DUMBBELS & EXERISE BALLS!!!

***Instructor: Renee & Katie***

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

***Time: 10 – 11am T, TH***

**GENTLE YOGA**

THIS CLASS INCORPORATES BREATH WORK, SLOWER-PACED MOVEMENT & GUIDED MEDITATION/RELAXATION! YOU CAN EXPECT AN EMPHASIS ON SIMPLICITY AND REPETITION. THE GOAL OF THIS CLASS IS TO CREATE FULL-BODY RELAXATION & BALANCE AS WE WORK ON STANDING POSTURES, TWISTS & BACKBENDS, FORWARD FOLD, & HIP OPENERS. mODIFICATIONS WILL BE PROVIDED FOR THOS USING A CHAIR OR MAT! OPTION OF USING CHAIR OR MAT

***iNSTRUCTOR: rENEE***

***LOCATION: FITNESS GYM***

***TIME: 11-1145AM T- TH***

**STRETCH**

ENJOY A 45 MINUTE YOGA & STRETCH CLASS WITH A NICE RELAXING ENDING TO START YOUR WEEKEND!!

***iNSTRUCTOR: jOEY***

***LOCATION: FITNESS GYM***

***TIME: 530-615AM FRIDAY ONLY***

**YOGA FLOW**

THIS CLASS INCORPORATES GENTLE YET FASTER-PACED POSTURES THAT CONNECT TOGETHER TO CREATE A FLOW THAT WARMS UP THE BODY, ACTIVATES THE CORE & INCREASES STRENGTH, BALANCE & FLEXIBILITY. mOVING WITH THE BREATH & GOOD MUSIC HELPS ONE FEEL CONNECTED WITH THE BODY & MIND. aLL LEVELS ARE WELCOME & NO FLEXIBILITY REQUIRED. cOME ENJOY THE MOVEMENT IN YOUR BODY & LEAVE FEELING RELAXED & REJUVINATED!!!

***iNSTRUCTOR: rENEE***

***LOCATION: FITNESS GYM***

***TIME: 515-6PM MONDAY ONLY***

**YOGI BARRE**

IN YOGI BARRE FLEXIBILITY MEETS MUSCULAR ENDURANCE & TONING WHICH IS THE ULTIMATE “CHEF’S kISS” IN FITNESS. THIS CLASS IS INTENSE BUT EASY TO FOLLOW. MUCH LIKE BARRE, THE MOVEMENTS FUSE STYLES FROM YOGA, PILATES & BALLET TO CREATE A FUN WORKOUT THAT CHALLENGES YOUR BALANCE, LENGTHENS THE MUSCLES & STENGTHENS THE BODY!!

***iNSTRUCTOR: rENEE***

***LOCATION: FITNESS GYM***

***TIME: 515-615PM wEDNEDAY ONLY***

**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 Trainer, 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 work out in the Heart Room. Make reservations for treadmills at the Front Desk.

***No Children Under 9 Allowed, 9-17 Years Must Have Guardian Signed Waiver, 9-10 Years Must Be with Guardian.***

**EXPANSIVE WEIGHT ROOM**

Get a great workout using our Olympic weights, dumbbells, bench press, preacher bench, back extensor 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: 5:30-6:15am M, W***

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

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

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

***Evening Class: 5:15-6pm T, TH***

**HIRE A TRAINER**

At CPRD, your personal fitness goals are our priority. CPRD has nationally Certified Trainers,, nICKOLAS pARKER & kATIE HOWELL!! Do you want to slim down? Win your next sporting event? Recovering from a major surgery? Work with Deann, NICKOLAS OR KATIE! 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 LOTs 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 Tasha, Nickolas or Katie at 748-3326 ext 121 to set up an appointment today!!***

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

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

**FITNESS APPRAISALS**

Whether jogging, swimming, moving weights or doing calisthenics, a self-disciplined person can improve his/her fitness. Through fitness testing conducted in a semiprivate atmosphere we can help to determine a program designed with “YOU” in mind. The testing includes a step test for assessing cardiovascular fitness, a body fat composition test and tests for assessing flexibility, muscular strength and endurance. The program we’ll set up for you will be based on your test results, your conditioning and health goals, your activity interests and current time constraints. Set up an appointment today! Weight room orientation, instruction and guidelines for proper use is also available through the CPRD Fitness staff.

BY APPOINTMENT ONLY

***CONTACT Tasha at 748-3326 #121 for appointment.***

***COST: First Yearly $20 nonmember, free to members***

***FOLLOW UP: $25 nonmembers, $20 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, SEPT 14TH

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 & SOME GOOD OL’FASHIONED EXERCISE!! mEET IN THE BIG GYM!!

Wednesday SEPT 14TH

AGES 6 & UP 11-1145AM

**GROWTH**

THIS CLASS PROVIDES AN AVENUE FOR PHYSICAL FITNESS WITH A TONE OF FUN GAMES BUT ALSO GIVES KIDS TOOLS TO BUILD THEIR EMOTIONAL VOCABULARY & MENTAL STRENGTH BY TALKING ABOUT VALUES SUCH AS COOPERATION & RESPECT!! TUES/THURSDAY

4-5PM

**SOCCER**

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

REGISTER AT CPRD

GAMES START SEPT 8TH

**special events**

**cprd 40th annual turkey trot**

hey all you turkeys !!! come strut your stuff(ing) at the 40th Annual turkey trot!!!

the race will take place on **saturday november 5th, rain, snow or shine**!!!

this is a 4.5 mile race on the bike trails of colstrip with 2 ways to win…. pick your time & come in first in your division!!!

rregistration: 10am at cprd

RACE Time: 11am

cost? $20 with Shirt $7 without.

**5k ugly sweater & hot cocoa – date TBA**

just what it sounds like!!! Should be a good time when hot cocoa is involved!!!! stay tuned for more details!!!!

**super hero week!! –dates tba**

bring out your inner super hero this week!!!

**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: MELODY HARRIS

STAFF: KORI WILLARD, KIM SPRENGER, SIERRA WEST & SEAN BULLARD.

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. WHIEL AT THE PROGRAM, CHILDREN MAY REEIVE HELP WITH HOMEOWRK, SPEND TIME PLAYING HAMES OR PARTICIPATE IN OTHER FUN, SUPERVISED ACTIVITIES!!!

SUPERVISOR: kARRI kERZMAN

lEADER: sEAN bULLARD

TIME: 6-8AM EVERYDAY SCHOOL IS IN SESSION

COST: FREE

lOCATION & REGISTRATION: CPRD COMMUNITY CENTER

**OPEN GYM**

FOR HIGH SCHOOL & MIDDLE SCHOOL STUDENTS ONLY! WHY HANG OUTSIDE & BE SUBJECT TO EVER CHANGING WEATHER? OPEN GYM PROVIDES A CLEAN INDOOR ENVIRONMENT WITH PLENTY OF SUPERVISION!

SUPERVISOR: KARRI KERZMANN & FRONT DESK STAFF

LOCATION: CRPD GYM

TIME: FRIDAY 7-9PM

**SPORTS COMPETITION**

MONDAY NIGHT LADIES’ VOLLEYBALL

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

TIME 645PM

LOCATION: CPRD GYM

ROUND ROBIN/REGISTRATION: MONDAY sEPT 12TH

COST: $20 MEMEBERS $25 NONMEMBERS

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

**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, CRYSTINE, JACKIE, KORI & CALLIE**

**HOURS MORNINGS**

**9-12PM MONDAY – THURSDAY**

**9-11AM FRIDAY**

**HOURS EVENINGS**

**5-8PM MONDAY**

**5-7PM WEDNESDAY**

NURSERY WILL ONLY BE OPEN DURING VOLLEYBALL IF YOU SIGN UP YOUR CHILD PRIOR TO GAMES STARTING OTHERWISE THE NURSERY WILL BE CLOSED.

***SUPERVISION POLICY***

***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!***

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

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| --- | --- | --- | --- | --- | --- |
| **FALL FITNESS CLASS SCHEDULE** | | | | | |
| **MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY** | | | | | |
| 5:30-6:15am | Morning Circuit  Karri | Pickleball | Morning Circuit  Karri | Pickleball | Stretch  joey |
| 9-10am | Lift Circuit katie  Group Power  janelu | Cycle Plus  9-9:40  katie | Lift Circuit katie  Group Power  janelu | Cycle Plus  9-9:40  katie | Lift Circuit  katie |
| 10-11am | Zumba 10-10:45  Janelu | Barre  renee & katie | Zumba 10-10:45  Janelu | Barre  renee & katie | Zumba 10-1045  janelu |
| 11-1130am | Tai-Chi 11-1130  nick | Gentle Yoga 11-1145  renee | Tai-Chi 11-1130  nick | Gentle Yoga 11-1145  renee |  |
| 12:10-12:50pm | Lift  nick |  | Lift  nick |  |  |
| 1-2pm |  | Find Your Strength  tasha |  | Find Your Strength  tasha |  |
| 4-5pm |  | Growth K-5  nick |  | Growth K-5  nick |  |
|  |  |  |  |  |  |
| 5:15-6pm | Yoga Flow  renee | LIFT  nick | Yogi Barre renee  515-615pm | LIFT  nick |  |
| 6:15-7pm | Zumba (rqtbl crt)  janelu | Cardio Kickboxing  nick |  | Cardio Kickboxing  nick |  |