**We only have 11 spin bikes & hopefully we will have people lining up to fill the class!!! If needed we will take Reservations for the bikes. Clients can make reservations no sooner than one day before the class. Please be considerate, if you’re not going to be there please cancel your bike.**

CYCLE PLUS

THIS CLASS IS FOR EVERYONE! 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: KATIE, TASHA & JOEY***

***Location: FITNESS GYM***

***Time: 9-9:40 am – T, TH***

 ***530-610pm – Tuesday Evening This class will end with Meltdown, March 1oth.***

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***

**\*\*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***

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***

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***

**WET VEST**

JOIN US AT THE HIGH SCHOOL POOL FOR A FUN ENERGETIC WATER WORKOUT!!!

***Location: HIGH SCHOOL POOL***

***Time: 1210-1PM Monday & Wednesday***

**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: Fitness Gym***

***Time: 11-1130AM Monday & Wednesday***

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***

YOGA/STRETCH

WORK OUT THE KINKS AND BUILD STRENGTH AND BALANCE!

***Instructor: Tasha & Joey***

***Location: Fitness Gym***

***Time: 515-6PM WEDNESDAY ONLY***

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***

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.

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***

***NO CHILDREN UNDER 10 ALLOWED IN THE WEIGHT ROOM OR HEART 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 13-18) are required to complete a WEIGHT ROOM & HEART ROOM ORIENTATION WITH A FITNESS INSTRUCTOR IN ORDER TO USE THESE FACILITIES WITHOUT A PARENT PRESENT. THIS ORIENTATION GOES OVER PROPER ETIQUETTE, SPOT FORM & PROPER USE FOR THE MACHINES. This is to help ensure safety and usability of fitness gym and heart room for everyone. Stop in or call Tasha 748-3326 to make an appointment.***

HIRE A TRAINER

At CPRD, your personal fitness goals are our priority. CPRD has 2 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 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 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 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

YOUTH CLASSES FREE TO MEMBERS, $10 FOR NON-MEMBER

**START JANUARY 11TH**

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!!!

WednesDAYS

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!

wEDNESDAY

AGES 6 & UP 11-1145AM

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

4TH & 5TH GRADE UTAH JAZZ

THIS BASKETBALL PROGRAM EMPHASIZES FUNDAMENTALS & SKILL DEVELOPMENT FOR BOYS & GIRLS IN A FUN RECREATIONAL SETTING.

REGISTRATIONS & COACHES MEETING JAN 23RD

GAMES START FEB 2ND

$20 WITH JERSEY

$10 WITHOUT

SPORTS COMPETITION

MONDAY NIGHT CO-ED 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. REGISTRATION & CAPTAINS MEETING ON JAN 9TH, ROUND ROBIN STARTS AT 630PM. NURSERY WILL BE OPEN FOR VOLLEYBALL.

LOCATION: CPRD GYM

COST: $20 MEMEBERS $25 NONMEMBERS

3 ON 3 BASKETBALL

mEN ONLY

AGES 16 & UP

Wednesday JAN 4TH ROUND ROBIN STARTS AT 630PM

LOCATION: CPRD GYM

COST: $20 MEMEBERS $25 NONMEMBERS

ALL FEES MUS BE PAID PRIOR TO PLAY

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. WHILE AT THE PROGRAM, CHILDREN MAY RECEIVE HELP WITH HOMEWORK, SPEND TIME PLAYING GAMES OR PARTICIPATE IN OTHER FUN, SUPERVISED ACTIVITIES!!!

SUPERVISOR: kARRI kERZMANN

lEADER: sEAN bULLARD & MCKENZIE VIRGA

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

NON-MEMBER SPECIAL FOR THE 10 WEEK SESSION== $30

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, KORILEE & CALLIE & SHELBY & TILLIE**

**HOURS MORNINGS**

 **9-12PM MONDAY – THURSDAY**

 **9-11AM FRIDAY**

**HOURS EVENINGS**

 **5-7PM MONDAY, TUESDAY**

 **5-7PM WEDNESDAY**

 NURSERY WILL BE OPEN DURING VOLLEYBALL HOURS

***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***



COUNT DOWN

TO

MELTDOWN

Jan 3rd -March 10th, 2023

LET’S GET FOCUSED IN 2023

That’s right!! It’s time once again for our favorite Community Health Initiative! If you’re looking to get active, eat healthy (maybe lose a few pounds), then look no further!

**ASK YOUR FITNESS INSTRUCTOR ABOUT THE HARRY POTTER CHALLENGE FOR MELTDOWN!!**

**LET US HELP YOU WITH…**

**\*\*LIFESTYLE CHANGE**

**\*\*HEART HEALTH**

**\*\*TYPE 2 DIABETES PREVENTION**

**\*\*BETTER SLEEP**

**\*\*MORE ENERGY**

**\*\*STRENGTH**

**\*\*LISTEN TO YOUR BODY**

**\*\*ACCOUNTABILITY**

**….AND SO MUCH MORE!**

**INSTRUCTORS AVAILABLE TO SIGN YOU UP STARTING**

**JAN 3RD – 13TH @ 9AM**

**JAN 3RD – MARCH 10TH CHECK INS MON-FRI 8am-12PM**

**WALK-INS WELCOME**

**HOURS M-T-W-FR 12-5pm THUR 12-6PM**

**MEASUREMENTS TAKEN AT THE BEGINNING, MIDDLE & END. IF YOU WANT TO USE THE SCALE YOU ARE WELCOME TO BUT IT WON’T BE PART OF THE REWARD SYSTEM.**

**If you workout at home, you can keep track of your activities & text the results to Tasha @ 406-740-2784. Fitness Dept will keep track of your progress & put you in for the final drawing!**

 **THIS IS A 10 WEEK PROGRAM**

**YOU MUST COMPLETE 8 WEEKS MINIMUM TO QUALIFY FOR THE PRIZES & DINNER AT THE END OF THE MELTDOWN! 😊**

**MELTDOWN PERSONAL TRAINING WITH RENEE!!!**

**3 PERSONAL TRAINING SESSIONS FOR THE PRICE OF 2 ($60)**

**RENEE HOFACKER IS A YOGA & MOBILITY/FLEXIBILITY TRAINER. SHE SPECAILIZES IN INCREASING RANGE OF MOVEMENT & ADDRESSING MUSCULAR OR JOINT PAIN THAT MIGHT RESULT FROM BODILY ALIGNEMNT OR POSTURAL ISSUES. THE 3 WEEKLY SESSIONS INCLUDE A GENERAL FITNESS & FLEXIBILITY ASSESSMENT, CUSTOM WORKOUT PLAN BASED ON YOUR GOALS, & TIME IN THE WEIGHT ROOM LEARNING POSTURE ALIGNMENT & VARIOUS METHODS FOR INCREASING FLEXIBILITY.**

**SO, IF YOU ARE HAVING DIFFICULTY WITH RANGE OF MOTION AND LIMITED MOVEMENT SIGN UP WITH RENEE! SHE WILL ONLY BE TAKING 5 CLIENTS DURING MELTDOWN,** **TEXT OR CALL 406-694-7542 TO SAVE YOUR SPOT!**

LOOK FOR UPDATES & CHANGES TO THE NURSERY SCHEDULE, CLASSES, AND TIMES ON OUR WEBSITE & FACEBOOK PAGE!!