



2021 Summer Activity Summary: Programs & Events; May-August 2021

Facility Hours:

The Rec Center currently operates Monday through Friday, 6:15am until 9:00pm; Saturdays & Sundays. 8:15am until 5:15pm. Current members can reserve specific time slots of use. Areas of use include the Indoor Pool, Weight & Cardio Area, Track and Gymnasiums. A maximum number of users are allowed per area, per time slot.

Members need to reserve specific use times on-line at northliberty.recdesk.com; go to **Programs** (current & future), use **Category Filter** to select **Lap Swim, Weight and Cardio Area, Track, Basketball, Pickleball or Volleyball Times**, select **Sub-category dropdown** to select the desired date range (by week), click on the green **Register Now** button to right of select days and timeslots to reserve, and complete transaction to **Process Now** and to create invoice (no fees assessed). If you are experiencing issues, please feel free to contact the staff at 319-626-5716 for assistance.

Upon entry members need to scan their membership cards at the desk, answer health questions and get temperatures checked.

Recdesk: Registration & On-line Accounts:

We have switched to a majority of online operations. Rec staff are available to help you through this process. If you do not have internet, we have one computer in the main lobby set up for use. Please make sure you have an online account at northliberty.recdesk.com; Within the Recdesk Community site, use buttons shown or tabs across top such as Create Account, Sign In, Home, Alerts/News, Programs, Memberships, Facilities, Leagues and Aquatics, to navigate our on-line system from a smart phone or computer. On-line registration only, no drop-ins. Please review program notes and expectations at time of registration as classes may be altered with fewer participants, safety protocols or other COVID19 measures.

Select the Programs button, to see programs currently taking registration or in session. Program/class registration windows at this time are set at least one month prior to session start dates. On-line you can see when registration opens for specific programs of interest and it is recommended to place such dates on personal calendars. We are hopeful to return to pre-COVID operations with registration for classes/programs offered September through December on Aug. 2 for residents and Aug. 4 for non-residents), 2021.

Membership Types:

The North Liberty Community Center offers a variety of annual and monthly membership packages.

Black & Gold includes access to weight and cardio equipment, indoor pool and outdoor pool.

Gold includes facility access and weight and cardio equipment use.

Silver includes facility access and indoor and outdoor pool use.

Facility includes access to open-gym activities such as basketball, pickleball and volleyball.

Track includes access to our indoor track.

Fees vary depending on type of pass chosen, and if you choose monthly versus annual memberships.

Please make sure you have an online account at northliberty.recdesk.com; Once you have an online account you can go to **Memberships**, choose **Category** (Black & Gold, Facility, Gold, Silver or Track), choose **1 month or Annual** option, choose **Description** (Couple, Discounted, Family, or Individual), then click on green **Enroll Now** button and follow steps to make payment and complete transaction. Next time in the facility ask for your ID scan card.

Financial Assistance:

Did you know that financial assistance is offered to North Liberty residents when purchasing memberships or registering for programs. Assistance is granted on the basis of need through the Low Income Home Energy program. Completed forms are sent to Hawkeye Area Community Action (HACAP) for certification. Once certified, a chart similar to the ICCSD reduced/free lunch program is used to determine free, or percent of fee to be paid. On-line forms available at [recreation-financial-assistance/](https://www.northliberty.org/recreation-financial-assistance/).

Pool Operations:

Planning for Summer Pools in a Pandemic

North Liberty plans to open the outdoor pool and offer swimming lessons this summer. While details aren't yet final, we're working hard to plan for a summer 2021 outdoor pool season, and we wanted to offer some insights into our planning, as well as our expected limitations, including the wider public health situation changes, staffing levels and learning about potential changes in demand and use patterns.

Outdoor Pool

We expect to open the outdoor pool at noon on Sat., June 12, 2021, for open swim. Since this is the first time we've run an outdoor pool in a pandemic, we will, at least to start, limit capacity to 125, and so prioritize patrons with memberships. We hope to add drop-in swimming times as the summer progresses and we learn what additional capacity we have. Memberships can be purchased in advance and are eligible for greatly reduced prices based on household income.

Access will be at the outside Concessions window and gate. Operational changes may occur at any time and will be communicated through [Recdesk](https://www.northliberty.org/recdesk), city website and social media.

Indoor Pool

Our indoor pool remains open for member lap swim by reservation, scheduled aqua fitness classes and evening swim lessons. Access is from inside, where we ask members to scan their membership cards at the front desk or check in for specific programs, before proceeding down the ramp to indoor pool. Visit [Recdesk](https://www.northliberty.org/recdesk) to see continued addition of classes and programs.

Summer Swim Lessons

The outdoor pool will host morning swim lessons. The first session of summer lessons is planned for the week of June 14. Registration for North Liberty residents will open on Monday, May 17 and for all others beginning Wednesday, May 19. A second session of swim lessons is planned for June 28. Registration for North Liberty residents will open on Monday, June 7, and for others on Wednesday, June 9.

Visit northliberty.recdesk.com to see all the recreation programs and classes offered and registration dates as we begin to add more programming.

Water Fitness Classes:

Water Resistance

Exercise in shallow and deep water which results in low to no impact on your joints. Improve your posture and core strength, range of motion, flexibility, endurance and overall muscle strength in a liquid gym. Instructor: Colette Soultis.

Day	Date	Time	Res/Non-res.
MWF	June 2-25	7:30-8:20am	\$38.50/\$43.50
MWF	Aug 9-30	7:30-8:20am	\$35/\$40

No daily drop-ins allowed at this time.

Easy Does It

This water workout is slower paced with plenty of no impact options in both shallow and deep water. Resistive and buoyant equipment may be used as well as floatation belts for deep water, all equipment is provided. Improve your range of motion, joint flexibility, posture, balance, core strength and endurance. Instructor: Jennifer Arturo.

Day	Date	Time	Res/Non-res
MWF	May 3-31	8:55-9:45am	\$45.50/\$50.50
MWF	Aug 9-30	8:55-9:45am	\$35/\$40

No daily drop-ins allowed at this time.

Water Fitness Classes – continued:

Arthritis Aquatic – MWF Class

Recreational exercise designed for men & women, regardless of age. Class allows anyone to exercise without putting excess strain on joints and muscles, performing gentle range of motion & stretching exercises. Leader: Verlee Lauderbaugh.

Day	Date	Time	Res/Non-res
MWF	May 3-31	10:30-11:20am	\$26/\$31
MWF	June 2-30	10:30-11:20am	\$26/\$31
MWF	July 5-30	10:30-11:20am	\$26/\$31
MWF	Aug 2-30	10:30-1:20am	\$26/\$31

No daily drop-ins allowed at this time.

Aqua Boot Camp

Exercises performed using the full length of the pool, no swimming skills needed to participate. Regardless of your age, size, or fitness level, you can achieve very noticeable results. Instructor: Janet Holland.

Day	Date	Time	Res/Non-res
T TH	May 4-27	5:45-6:30pm	\$28/\$33
T TH	June 1-29	5:45-6:30pm	\$31.50/\$36.50
T TH	July 13-29	5:45-6:30pm	\$21/\$26
T TH	Aug 3-31	5:45-6:30pm	\$31.50/\$36.50

No daily drop-ins allowed at this time.

Aqua Zumba PM

Come try Aqua Zumba! The "Pool Party" experience of high-energy Zumba moves and low-impact aqua fitness! Instructor is on land to view, come ready to work those muscles! Instructor: Abby Noelck.

Day	Date	Time	Res/Non-res
T	May 4-25	7:15-8pm	\$14/\$19
T	June 1-29	7:15-8pm	\$17.50/\$22.50
T	July 6-27	7:15-8pm	\$14/\$19
T	Aug 3-31	7:15-8pm	\$17.50/\$22.50

No daily drop-ins allowed at this time.

Rec Fun Packs

Do you remember your favorite backyard game, played countless times? Introducing – Recreation Fun Packs. A number of portable games can be checked out from the Rec Center, taken to your backyard, neighborhood or local park to play, then returned when done. First pack available is "The Classics". Includes horseshoes, bocce ball, croquet, speedminton, lawn darts and corn hole. Rental is first come, first serve to residents. Stop in at the Recreation Center to complete use form and pick up game(s). Games come with all items included and should be returned the same day of use so others can enjoy the fun. No fee, checkout begins May 1st.

Arthritis Aquatic – TTH Class

This class is a recreational exercise program designed for men & women, regardless of age. This class will allow anyone to exercise without putting excess strain on joints and muscles while performing gentle range of motion exercising and stretching muscles. Leader: Becky Peters.

Day	Date	Time	Res/Non-res
T TH	June 1-29	10-10:50am	\$18/\$23
T TH	July 1-29	10-10:50am	\$18/\$23
T TH	Aug 3-31	10-10:50am	\$18/\$23

No daily drop-ins allowed at this time.

Noodle Triathlon Workout

What a great way to kick-start your weekend. This workout incorporates lap swimming with noodle biking and noodle kayaking. Instructor: Janet Holland.

Day	Date	Time	Resident	Non-res
Sat	May 1-29	8:15-9am	\$17.50	\$22.50
Sat	June 5-26	8:15-9am	\$14	\$19
Sat	July 10-31	8:15-9am	\$14	\$19
Sat	Aug 7-28	8:15-9am	\$14	\$19

No daily drop-ins allowed at this time.

Family Programs & Events:

Board Game Checkout

Any day, any time

Come to the community center and enjoy a board game or card game for free! We will provide the space to play as well as 21 exciting games to choose from. All games are easy enough for most 6-8 year olds but enough strategy and theme for adults to enjoy as well. You can also check one of the 16 games out for free with a credit card to take home and enjoy for a week at a time. Board gaming is a good alternative to video gaming and also a great way to get the family together and interact for a fun and cooperative experience.

Fishing Pole Rental (May-August)

Rod and reels are available at the community center, free of charge during regular business hours. Ages 12 & older can, free of charge during regular business hours. At time of rental, identification and \$20 deposit if form of credit card number will be taken. If all equipment returned in condition rented there will not be a charge. Equipment must be returned by the end of the day it is rented; weekdays by 8:30pm, weekends by 5:30pm. Potential replacement charges include \$7.50 per rod and \$10 per reel.

Family Programs & Events -continued:

Outdoor Nature Education (ONE) Packs (May-Aug)

Exploring the outdoors continues! Ten backpacks are available for families for free, to get children and families involved in the outdoors through the support of the Iowa DNR Resource Enhancement and Protection Conservation Education Program (Grant #11-11). Packs can be taken to local parks or nature areas and are filled with fun and educational activities. Pack themes include: Birds, Animals of Iowa, Trees Insects, Outdoor Skills, Aquatic Habitats, Creatures of the Night, Wildflowers and Prairies, Rocks and Minerals and the Wild Turkey. Animals of Iowa and Creatures of the Night include new board games. At time of rental, pack rental forms must be completed and credit card number provided as deposit. Credit card will be charged for any lost or broken items.

Free Fishing Weekend

Saturday June 5, 10 am-2:00pm, free event
Family event (children must be accompanied by an adult) includes a day of free fishing and aquatic education organized by the Iowa DNR, Scheel's All-Sports, TAKO and the City of North Liberty at Liberty Centre. Bring your own pole or an ID to check one out as you fish away! Enjoy learning how to properly cast, water and boat safety or take a look at tanks containing various species of Iowa fish and turtles. Stick around until the end of the event to have chance at winning fishing related items! Mask wearing and social distancing will be required of all participants.

BIC Leisure Rides

A number of leisure, bicycling rides are scheduled this summer in cooperation with BIC (Bicyclists of Iowa City). These moderate paced rides are scheduled in North Liberty on Thursdays. Others are being offered in neighboring communities. Consent forms and helmets are required and kids 12 & under need to be accompanied by an adult. BIC volunteers leading our NL rides include Ryan Rusnak and Richard Walton.

Date	Start Location
TH April 29	North Liberty Community Center
TH May 27	Centennial Park
TH June 24	Liberty High School
TH July 29	TBD - To be determined
TH Aug 26	TBD - To be determined
All Ride Times:	6:00-7:30pm

Community Gardens (May-November)

Plots are available Plots are available in North Liberty on a first come, first serve basis. Located at the Meade Barn, east side of Penn Meadows Park. Plot size is 10 x 30 feet. A hydrant is available on site for water but no hose hookups are allowed. Individuals must bring buckets to carry water. Planting may begin May 1 or earlier if plots ready and be cleared by Nov 1. Plots are assigned at time of registration with payment and completed lease agreement. 2020 plot holders can register Friday, April 9, starting at 6am. Open registration begins Friday, April 16, starting at 6am.
Residents \$30 per plot, Non-residents \$35 per plot.

Discount Amusement Park Tickets

Get your tickets at the North Liberty Community Recreation Center before you go. Discounts are:
Lost Island Water Park (Waterloo) \$32.00 a savings of \$3.00/ticket from their online passes Anyone 3 and under is free.
Blank Park Zoo (Des Moines)- \$11.00 for ages 13-64 a savings of \$3.00, \$7.00 for ages 3-12 a savings of \$1.00, and anyone 2 years old and under is free.

Great American Backyard Campout & PTO Competition

Saturday, June 19, \$10 per household
Join in a backyard community-wide campout! Register in person or online at northliberty.recdesk.com. Submit family name, elementary school boundary you live in (not necessarily attend). On night of campout take a picture of your camping setup with proven registration flyer given at time of registration. Any camp accepted; outdoors, indoors, campers. Elementary school with the most camp out photo submissions will win a donation of 100% of all money taken in for their school's PTO/PTG. Mosquito Hunters of Cedar Rapids and Iowa City will be matching funds raised up to \$500. Donations are welcome to be made towards the reward pot. Van Allen, Buford Garner, Christine Grant, North Bend and Penn Elementary Schools included. A special thank you to Brian Meidlinger, owner of Mosquito Hunters for his support. Visit <https://mosquitohunters.com/cedar-rapids-ia> for more information. Interested in donating to this event, have event questions and photo submission can be directed to Matt Meseck at mmeseck@northlibertyiowa.org or 319-626-5750.

Preschool Programs:

Pee Wee Sports

Non-competitive approach to help your child, age 3 to 5 years old, learn sports basics, socialize and have fun! Class is 45 minutes in length. Participants must be 3 years old by first class. Register early!

Sport	Day	Date	Res/Non-res
Baseball	Wed	May 5-26	\$25/\$30
Soccer	Wed	June 2-23	\$25/\$30
Baseball	Wed	June 30- July 28, no 7/7	\$25/\$30

Class Times are 10am, 5:45pm, 6:30pm, 7:15pm

Tippi Toes Dance

The mission of Tippi Toes Dance is to develop a love of dancing in children by creating a positive experience that promotes healthy living habits, helps build self-confidence and a love for others.

Questions can be directed to Kaylee at (319) 853-8488 or misskaylee@tippitoesdance.com.

Baby Ballet

Transition class for ages 2-3. Music, movement, balance and the basic dance steps are introduced in a fun, friendly and a positive manner.

Caregiver does not need to be present; children should be able to participate on their own.

Day	Dates	Time	Fee
W	June 9-July 7	5:30-6pm	\$60
W	July 14-Aug 11	5:30-6pm	\$60

Ballet Tap Jazz

These classes are typically offered for children 4-5 years old, and incorporate an even mix of the three types of dance over the 45 minutes using high-energy music.

Day	Dates	Time	Fee
W	June 9-July 7	6:15-7pm	\$80
W	July 14-Aug 11	6:15-7pm	\$80

Hip Hop Jazz

These classes are typically offered for children 6-10 years old, and incorporate an even mix of the three types of dance over the 45 minutes using high-energy music.

Day	Dates	Time	Fee
W	June 9-July 7	7:15-8pm	\$80
W	July 14-Aug 11	7:15-8pm	\$80

Blastball League

This co-ed program is for children 3-5 years old by June 2 to have fun learning fundamentals of tee ball. Kids hit off a tee and run to first base, which honks when jumped on. Volunteer coaches are needed for this program! Coaches Meeting: Mon., May 24, 6pm. Late fee \$5 begins May 10. If optimal numbers are reached by the deadline, no more entries will be accepted. Can be placed on wait list with no guarantee of play.

Day	Date	Start Times	Fee
Wed	June 2-30	5:45, 6:30 pm	\$25

Location: Penn Meadows Fields 5 & 6 (south end)

Youth Programs:

Summer Camp

Program provides all day recreational activities, supervision and guidance for children kindergarten through sixth grade for ten weeks over the summer. Weeks fill up fast, so register early.

Dates	Days	Times	Fees
Week 1 June 14-18	M-F	7am-6pm	\$210/\$105
Week 2 June 21-25	M-F	7am-6pm	\$210/\$105
Week 3 June 28- July 2	M-F	7am-6pm	\$210/\$105
Week 4 July 5-9	M-F	7am-6pm	\$210/\$105
Week 5 July 12-16	M-F	7am-6pm	\$210/\$105
Week 6 July 19-23	M-F	7am-6pm	\$210/\$105
Week 7 July 26-30	M-F	7am-6pm	\$210/\$105
Week 8 Aug 2-6	M-F	7am-6pm	\$210/\$105
Week 9 Aug 9-13	M-F	7am-6pm	\$210/\$105

Recsters Fall 2020

Our before and after school program provides recreational activities, supervision and guidance for children kindergarten through sixth grade during the school year. Open Enrollment April 1, 6am; register on-line through Recdesk. Contact Matt Fielder for wait list options or questions.

Program	Day	Date	Time
Before School	M-F	Aug 24-31	7-7:55am
After School	M-F	Aug 24-31	school end-6pm

Non-refundable hold fee \$75

School Year Monthly Fee: AM-\$75; PM-\$220; Both \$250

Youth Programs:

Sylvan Learning Center Programs

Sylvan Learning Center will offer a number of STEM programs this summer to gauge student and parent interest with hopes to continue programs year round. Classes are taught by trained Sylvan instructors.

Math Edge

Your child will start at comfortable level and progress upward. Maintain and gain math skills. If students are ready, skills in pre-algebra, algebra, and geometry will be incorporated. Self-paced, comprehensive lessons will guide learning in a whole new way. Add in interactive digital content on i pad and students will so engaged, they'll forget its learning! Course can be repeated.

Grades	Day	Dates	Time	Fee
3-8	M-F	June 14-18	9-10am	\$100
3-8	M-F	July 12-16	9-10am	\$100

Engaging in Engineering

Learn principles behind physical science and simple machines: gears, wheels, axles, levers and pulleys. Build cars, ships and all things that go from plans and their imagination!

Grades	Day	Dates	Time	Fee
1-2	M-F	June 14-18	10am-12pm	\$100

Machine Makers/Super Structures

Use KNEX and LEGOS to build bridges, structures, and models that move! Learn concepts a structural engineer or architect would need. Lots of STEM vocabulary and skills.

Grades	Day	Dates	Time	Fee
3-6	M-F	June 21-25	10am-12pm	\$100

Augmented Virtual Reality

Learn to add special effects to your camera feed and use hand gestures to interact with virtual game elements. Start with basic steps and end up building games like Brick Breaker and Fruit Ninja. Course can be repeated.

Grades	Day	Dates	Time	Fee
3-6	M-F	July 19-23	10am-12pm	\$100
3-6	M-F	Aug 9-13	10am-12pm	\$100

Youth Sports:

Youth Tennis

Tennis is a lifetime sport and this program helps children learn in progression from having fun playing to learning basic fundamentals, progressing to ball control and rally with partner, serves and volleys, onto constructing points, stroke development and up to full court play with stroke development and movement skills. Participants must bring their own rackets. Foam, red, orange, and green dot transition balls will be provided. Held at Penn Meadows Tennis Courts.

All make ups on Fridays.

Day	Date	Ages	Time	Fee
T TH	June 15-July 8	5-6	8:45-9:15am	\$30
T TH	June 15-July 8	7-8	9:15-10am	\$35
T TH	June 15-July 8	9-10	10-10:45am	\$35
T TH	June 15-July 8	11-12	10:45-11:45am	\$40
T TH	July 13-Aug 5	5-6	8:45-9:15am	\$30
T TH	July 13-Aug 5	7-8	9:15-10am	\$35

3 on 3 Basketball League

This program is team-based and teams will need to sign up as a team. You will be guaranteed two games a night (depending on the number of teams). This program will have divisions for both boys & girls, Grades 5 &6. Grades will be based on the 2020-21 school year. Registration deadline June 6. Games played at NLCC or local elementary schools.

Divisions	Day	Dates	Times
Boys, Gr. 5	M	June 21-July 19	5:45-9:30pm
Boys, Gr. 6	M	June 21-July 19	5:45-9:30pm
Girls, Gr. 5	TH	June 24-July 22	5:45-9:30pm
Girls, Gr. 6	TH	June 24-July 22	5:45-9:30pm

All Division: \$150 per team

Adult Sports & Fitness:

Women's Doubles Tennis League

This league for ages 18 and older will be as competitive as participants want it to be. Take advantage of the tennis courts at Penn Meadows Park and play the game of tennis. Participants will sign up as an individual and split into doubles play each day at the courts. No records kept, just women getting together to have fun playing tennis and meeting new players. Balls will be provided by NLCC. Register by May 16.

Day	Date	Time	Fee
Mon	May 31-Aug 2	7-8:30pm	\$20 per player

Adult 40+ Basketball League

This is a league for basketball players, men or women, that are 40 and older that would like to play basketball but not against kids who are 25 years old. This league will be team-based so teams will sign up as a team to be in the league and then we will set up times for the games. We will allow a maximum of eight teams in the league and everyone on the team needs to be at least 40 years old by the start of the program to be able to participate in the league. These games will be calling your own fouls. Location of play – to be determined.

Day	Date	Time	Fee
Tues	June 8-Aug 10	6:00-9:30pm	\$150 per team

Body Blast

A motivating workout with 25 minutes of low-impact aerobics to ramp up your heart rate, 20 minutes of strength training with free weights to increase strength and tone, then 15 minutes of abdominal work. Instructor: Sandi Cook, ACE Certified.

Day	Dates	Time	Res/Non-res
T TH	May 4-18	6-7pm	\$15/\$20
T TH	June 1-29	6-7pm	\$27/\$32
T TH	July 1-29	6-7pm	\$27/\$32
T TH	August 3-31	6-7pm	\$27/\$32

No daily drop-ins allowed at this time.

Barre

Barre combines conditioning and isometric exercises to strengthen and tone arms, glutes, quads and hamstrings, while experiencing quick muscle fatigue. Instructor: Renee Manders, ACE Certified.

Day	Dates	Time	Resident	Non-res.
Tues, Thurs	May 4-27	7:15-8:00pm	\$24	\$29
Tues, Thurs	June 1-29	7:15-8:00pm	\$27	\$32
Tues, Thurs	July 1-29	7:15-8:00pm	\$27	\$32
Tues, Thurs	August 3-31	7:15-8:00pm	\$27	\$32

No daily drop-ins allowed at this time.

Men's Doubles Tennis League

This league, for men 18 & older, will be as competitive as the participants want it to be. This program is so participants can enjoy the tennis courts at Penn Meadows Park and play the game of tennis. Sign up as an individual and then when you go to the tennis courts you will split into doubles teams. No records kept, just men getting together to have fun playing tennis and meeting new players. Balls will be provided by NLCC. Register by May 16.

Day	Date	Time	Fee
Tues	June 1-Aug 3	7-8:30pm	\$20 per player

Body Sculpt

Put the fun back into your workout! Boost metabolism, tone muscle, increase strength and cardio endurance using free weights, body weight and other equipment. We will hit all the major muscle groups including twenty minutes of ab and core work. All fitness levels welcome. Instructor: Sandi Cook, ACE Certified.

Day	Dates	Time	Res/Non-res
M W	May 3-19	6-7pm	\$18/\$23
M W	June 2-30	6-7pm	\$27/\$32
M W	July 5-28	6-7pm	\$24/\$29
M W	August 2-30	6-7pm	\$27/\$32

No daily drop-ins allowed at this time.

Cardio Pump

Full body strength training paired with cardio bursts that will challenge your muscular endurance and help maintain muscle mass, strength and function. Non-Intimidating atmosphere with all fitness levels-modifications for everyone. Instructor: Renee Manders, ACE Certified.

Day	Dates	Time	Res/Non-res
M W	May 3-26, no 5/31	7:30-8:30pm	\$24/\$29
M W	June 2-30	7:30-8:30pm	\$27/\$32
M W	July 5-28	7:30-8:30pm	\$24/\$29
M W	August 2-30	7:30-8:30pm	\$27/\$32

No daily drop-ins allowed at this time.

Adult Fitness-continued:

Bootcamp

Class will push you harder than you push yourself. Use body weight exercises, interval training, strength training, and core conditioning to increase athletic performance, boost your VO2 and decrease body fat. Instructor: Renee Manders, ACE Certified.

Day	Dates	Time	Res/Non-res.
Sat	May 1-29	9-10:15am	\$15/\$20
Sat	June 5-26	9-10:15am	\$12/\$17
Sat	July 10-31	9-10:15am	\$12/\$17
Sat	August 7-28	9-10:15am	\$12/\$17

No daily drop-ins allowed at this time.

Penalty Box

This class is an energetic, agility style class involving jumping, changing directions, along with standing and floor exercises. High and low impact options available. Participants will use a "penalty box" provided for them from instructor.

Instructor: Jennifer Long, ACE Certified Personal Trainer, Penalty Box Certified, Portion Fix Master Coach, Self Defense Training, Owner Long Term Fitness, LLC.

Day	Session	Time	Fee
Sat	May 8-29	1-2pm	\$32
Sat	June 5-26	1-2pm	\$32
Sat	July 10-31	1-2pm	\$32
Sat	August 7-28	1-2pm	\$32

No daily drop-ins allowed at this time.

Senior CBS

Low-impact cardio, combined with balance, flexibility and strength training exercises to help you be fit for everyday activities and prevent falls.

Instructor: Renee Manders, ACE Certified.

Day	Dates	Time	Res/Non-res.
M W	May 3-26, no 5/31	9-9:45am	\$32/\$37
M W	June 2-30	9-9:45am	\$36/\$41
M W	July 5-28	9-9:45am	\$32/\$37
M W	August 2-30	9-9:45am	\$36/\$41

No daily drop-ins allowed at this time.