



Fall 2021

Program Guide

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Membership
Special!

We Are the Rec!

Fitness...Friends...Family



Inside:
New session of
Swim Lessons,
Running Club
& More!

**130 S. Academy Drive Ephrata
717-738-1167 ephratarec.com**



Ephrata Recreation Center Mission Statement

"To improve the quality of life by providing wholesome, affordable recreation opportunities to the citizens of the Ephrata area."

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Membership Rates

BASED ON A 1-YEAR MEMBERSHIP

| | <u>Monthly/EFT*</u> |
|--|---------------------|
| Preschool (up to 5 years) | FREE |
| Student (k-12) | \$16.00 |
| Individual (18 years and older) | \$26.00 |
| Couple | \$40.00 |
| Family (includes up to 22yrs old) | \$52.00 |
| Individual Matinee <small>Mon - Fri 10 am - 2 pm</small> | \$18.75 |
| Couple Matinee <small>Mon - Fri 10 am - 2 pm</small> | \$25.00 |
| Platinum Adult | \$57.25 |
| Platinum Couple | \$84.75 |
| Platinum Family | \$95.50 |

*EFT Monthly Payment Plan: requires initial start up and an annual administration fee. Other payment plans are available.

**Hosting a party or special event?
We have you covered!**

**Party Room • Game Room
Pool • Gymnasium**

Call 717-738-1167 x 110 for Rental Info!

Holiday Hours

Thanksgiving 8:00 a.m. - 12:00 p.m.

Christmas Eve 8:00 a.m. - 12:00 p.m.

Christmas Day - Closed

New Year's Eve 5:00 a.m. - 3:30 p.m.

New Year's Day 8:00 a.m. - 12:00 p.m.

Ephrata Rec Hours

**Mon. - Fri. *5:00 a.m. - 9:00 p.m.
(Pool Closes at 8:00 p.m.)**

Sat. 8:00 a.m. - 4:00 p.m.

Sun. 10:00 a.m. - 3:00 p.m.

***Pool Area & Business Office
opens at 6:00 a.m.**

Babysitting Hours

Mon. - Fri.: 8:30 a.m. to 12:00 p.m.

Mon. - Thurs.: 5:15 p.m. to 7:30 p.m.

Sat.: 8:00 a.m. to 12:00 p.m.

Ages 3 months to 7 years:

**\$2/hr for the first child, \$1/ hr for addl.
child Min. time: 1/2 hr; Max time: 2 1/2 hrs**

We asked, you answered...

What does the Rec Center mean to you?

The Rec Center has become such an important part of our lives! When we moved to the area, we didn't know anyone. Now I have met so many wonderful people, I am always walking in smiling and saying hi to everyone. The fitness classes are so beneficial for people like me that need pushed to do more. It has become part of my life and my escape... my "me" time. There are so many amazing programs for the kids, too! My kids have had the amazing opportunity to take swim lessons, soccer, you name it! Being a platinum member is definitely worth every penny. The childcare and free programs are amazing benefits! We enjoy family time together there - playing ping pong or foosball and getting candy from the vending machine EVERY DAY. I love every instructor I've had and am so beyond thankful for the rec! It has become like a second home! - Jeni Hlubny

*The Rec Center is a safe fun place to feel good about yourself where you see friendly people of all ages. I never looked forward to exercise classes until I joined the Rec Center.
- Lynn Balmer*

Group Fitness

Dance Gold Energizing and fun, Dance Gold is an exercise class for the Active Older adults. It's a cardio workout with easy-to-follow rhythms.

Oct. 4 - Dec. 27 Mon. 12:00 p.m. - 1:00 p.m.

Les Mills BodyCombat A high-intensity martial arts-inspired cardio class. You will strike, punch and kick your way to a better body!

Oct. 4 - Jan. 2

Mon. 9:00 a.m. - 9:55 a.m.

Tues. 5:30 p.m. - 6:25 p.m.

Fri. 9:00 a.m. - 9:55 a.m.

Sun. 12:00 p.m. - 12:55 p.m.

Les Mills BodyPump Great bodies aren't born, they are transformed, using the proven BODYPUMP™ formula: THE REP EFFECT™ a breakthrough in resistance workout training.

Oct. 5 - Jan 2 Tues. 5:30 a.m. - 6:30 a.m.

Tues. 10:00 a.m. - 11:00 a.m.

Tues. 7:40 p.m. - 8:40 p.m.

Thurs. 5:30 a.m. - 6:30 a.m.

Thurs. 10:00 a.m. - 11:00 a.m.

Thurs. 6:40 p.m. - 7:40 p.m.

Sat. 9:15 a.m. - 10:15 a.m.

Sun. 1:00 p.m. - 2:00 p.m.

Pilates The ultimate workout for long lean muscles, strong abs and a reshaped body. Pilates will improve muscle tone and balance and reduce stress.

Oct. 5 - Dec 18 Tues. 6:30 p.m. - 7:30 p.m.

Sat. 10:30 a.m. - 11:30 a.m.

Aqua Fitness

Aqua Fitness A medium-impact cardio workout to improve endurance and increase muscle.

Oct. 4 - Dec. 31

Mon. - Fri. 9:15 a.m. - 10:00 a.m.

Aqua Kickboxing BACK ON THE SCHEDULE!

Shallow water workout that combines water aerobics with fun boxing moves.

Oct. 10 - Jan. 2

Sun. 11:00 a.m. - 11:45 a.m.

Deep Water Aerobics Come sweat in the water for this NO impact class that focuses on strengthening the core, toning and flexibility.

Oct. 4 - Dec. 29

Mon. 7:00 - 7:45 p.m.

Wed. 7:00 - 7:45 p.m.

What does the Rec Center mean to you?

An opportunity for varied workouts with outstanding instructors pushing me to be better. - Jim Hamill

Pound Pound fuses cardio interval training with drumming to provide a challenging, heart-pumping workout that targets your whole body.

Oct. 7 - Dec. 30

Thurs. 9:00 a.m. - 9:45 a.m.

Sat. 7:45 a.m. - 8:30 a.m.

Strong Nation Stop counting the reps. Start training to the beat. STRONG Nation™ combines body weight, muscle conditioning, cardio and plyometric training moves synced to music.

Oct. 7 - Dec. 30

Thurs. 5:30 p.m. - 6:15 p.m.

Tighten & Tone Reshape your entire body using barbells, hand weights, bands and tubes. Something different each week in this hour-long strength training workout.

Oct. 4 - Dec. 27 Mon. 5:30 p.m. - 6:30 p.m.

X-Train HIIT High energy cardio and weight interval training workout. All levels welcome!!

Oct. 5 - Dec 29

Tues. 9:00 a.m. - 10:00 a.m.

Wed. 9:00 a.m. - 10:00 a.m.

Sat. 8:35 a.m. - 9:05 a.m. (30-min. class)

Zumba Zumba combines fast and slow rhythms that sculpt the body, achieving a unique blended balance of cardio and muscle-toning benefits.

Oct. 4 - Dec. 29

Mon. 5:30 p.m. - 6:15 p.m.

Wed. 5:30 p.m. - 6:15 p.m.

Sat. 9:30 a.m. - 10:15 a.m.

Class Price: \$79
Member Price: \$59
Platinum Price: FREE

**Aerobic/Aqua
Punch Cards:**
\$79 Non-Member
\$59 Member

Unlimited Aerobics:
\$169 Non-Member
\$129 Member

Unlimited Aqua:
\$139 Non-Member
\$99 Member

Cycle

Class Price: \$89 Member Price: \$69 Platinum Price: FREE 
Two-Class Discounts - Class Price: \$67 each
Member Price: \$52/each. *Must be in the same 13-week session.

Cycle/Sculpt Get some strength training with your ride. Work through intervals with the bike, weights and more.

Oct. 4 - Dec. 29

Mon. 9:00 a.m. - 10:00 a.m.

Wed. 9:00 a.m. - 10:00 a.m.

Sat. 8:15 a.m. - 9:15 a.m.

Group Cycling High energy, great music and cardio training.

Oct. 4 - Jan. 2

Mon. 5:45 p.m. - 6:30 p.m.

Wed. 5:45 p.m. - 6:30 p.m.

Sun. 2:00 p.m. - 2:45 p.m.

Les Mills' Sprint High Intensity Interval Training on the bike. This 30-minute class drives your body to burn calories for hours after the workout.

Oct. 4 - Dec. 27

Mon. 5:30 a.m. - 6:00 a.m.

Mon. 7:00 p.m. - 7:30 p.m.

YogaRide 30 calorie-burning minutes on the bike and 30 flexibility-increasing, stress-reducing minutes of yoga.

Oct. 5 - Dec. 28

Tues. 5:30 p.m. - 6:30 p.m.



Yoga

Class Price: \$79 Member Price: \$59 Platinum Price: FREE 
Two Class Discounts - Class Price: \$69/each Member Price: \$49/each
Yoga Punch Card: \$79 Non-member/\$59 Member

Gentle Yoga Learn the fundamental concepts and aspects of hatha and restorative yoga at a slower pace.

Oct. 5 - Dec. 30 Tues 11:15 a.m. - 12:00 p.m.

Thurs. 11:15 a.m. - 12:00 p.m.

Hatha Yoga A journey into self-awareness using basic Yoga postures to stretch and strengthen as well as reduce the effects of stress on the body.

Oct. 6 - Dec. 29

Wed 6:30 p.m. - 7:15 p.m.

Senior Fitness

You could be eligible to participate in signature SilverSneakers group exercise classes for free!

Qualification is based on specific Medicare Supplement insurances. To find out whether you are eligible, contact Jean Wentz 717-738-1167 x105.

Silver Sneakers Circuit Standing circuit workout with low-impact aerobic choreography that increases your cardiovascular and muscular endurance.

Oct. 5 - Dec. 30

Tues. 9:00 a.m. - 9:45 a.m.

Thurs. 9:00 a.m. - 9:45 a.m.

Silver Sneakers Classic Move to the music through a variety of exercises designed to increase muscular strength and range of movement for daily living. Uses a chair for seated or standing support. **Oct. 5 - Dec. 30**

Mon. 11:00 a.m. - 11:45 a.m.

Fri. 11:15 a.m. - 12:00 p.m.



Silver Sneakers/Silver & Fit Price: Free
Class Price: \$54
Member Price: \$44

Silver Sneakers SilverSplash Improve your health in our shallow water class! No swimming ability required.

Oct. 5 - Dec. 31

Tues. 10:15 a.m. - 11:00 a.m. or

11:15 a.m. - 12:00 p.m.

Thurs. 10:15 a.m. - 11:00 a.m. or

11:15 a.m. - 12:00 p.m.

NEW TIME! Fri. 10:15 a.m. - 11:00 a.m.

Silver Sneakers YogaStretch

Move through a complete series of seated and standing yoga poses, increasing your flexibility and balance.

Oct. 6 - Dec. 29

Wed. 11:00 a.m. - 11:45 a.m.

What does the Rec Center mean to you?

My Silver Splash classes keep me limber and are fun! - Sarah Eby

Adult Activities

What does the Rec Center mean to you?

Definitely my happy place, who knew I would ever like exercise. There is so much choice, I do my favorite classes, I have new friends I met in the classes, the instructors are FABULOUS and just always get the best out of me and I always go home feeling better than I arrived! Who knew sweating could feel so fabulous! Love Ephrata Rec Center!
-Leigh-Anne Bell

Adult Swim Lessons  Friendly and patient instructors will help you master beginner and advanced swimming skills.

Oct. 20 - Dec. 8

Wed. 7:00 p.m. - 8:00 p.m.

Class Price: \$70 Member Price: \$55

Adult Tap Dance Tap Dancing is an original, all-American art form that combines music and dance traditions from all over the globe! This tap dancing class is recommended for everyone - those who have some tap experience and beginners who want to have fun as well!

Sept. 27 - Nov. 1 or Nov. 8 - Dec. 13

Mon. 7:30 p.m. - 8:30 p.m.

Class Price: \$74

Member Price: \$60 Platinum Price: \$49

Dog Training Does your dog need to learn some manners? This class will teach dogs age 12 weeks and older basic, practical commands in a social group setting. There is much emphasis on maximal development of communication between human and dog. Instructor Howard Wendt has over 35 years experience training dogs in various settings. Proof of standard pet vaccines requested.

Sept. 11 - Oct. 16

Sat. 1:00 p.m. - 2:00 p.m.

Class Price: \$119 Member Price: \$99 Platinum Price: \$85

Pickleball Fun, social and friendly, Pickleball is a cross between tennis, badminton and ping pong. The rules are simple and the game is easy for beginners to learn, but can develop into a quick, fast-paced, competitive game for experienced players. Beginner and Advanced Sessions Available. **Playing times vary - get the free TeamReach App on your Smartphone or Device to check details. Enter Group Code Michele to join the Ephrata Rec Pickleball Group.**
Non-member Price: \$5.00/session Member Price: Free
Punch Cards now available - \$32 for eight punches!

Youth Dance

Class Price: \$269 Member Price: \$224 Platinum Price: \$164
Two or more classes - First class at regular price, get second for:
Class Price: \$210 Member Price: \$174 Platinum Price: \$128
Payment Plans Available!

Beginner Ballet/Tap Get your young ones interested in dance early with our beginner ballet/tap program for ages 3-5. Learn the basic movements and have fun! Classes end with a recital. Ballet shoes with elastic strap and tap shoes required.

Nov 5 - May 2021

Fri. 4:30 p.m. - 5:15 p.m.

Ballet Students are introduced to basic ballet technique, while building confidence and learning performance skills. Classes end with a recital. Ballet shoes with elastic strap required. Ages 5 & up.

Nov. 5 - May 2021

Fri. 5:15 p.m. - 6:00 p.m.

Tap Focuses on the basic technical skills and learning the rhythms. Classes end with a recital. Tap shoes required. Ages 5 & up.

Nov. 5 - May 2021

Fri 6:00 p.m. - 6:45 p.m.

Hip-Hop This high-energy class teaches rhythm, coordination, and balance through age-appropriate movements set to fun, modern music. Participants should wear sneakers that they do not wear outside. Classes end with a recital.

Ages 5 & up.

Nov. 5 - May 2021

Fri. 6:45 p.m. - 7:30 p.m.

Dance Combo NEW! Learn the basics of three dance disciplines all in one program! Students will focus on Ballet, Jazz and Hip Hop dance styles in this hour-long class. Ballet shoes with elastic strap and sneakers that aren't worn outside required.

Nov. 5 - May 2021

Fri. 7:30 p.m. - 8:30 p.m.



Youth Athletics/Activities

What does the Rec Center mean to you?

A place to relax, work out and for my kids to have fun! - Leanne Gipe

Acting 101 NEW!! 📺 Kids ages 8-12 will learn the fundamentals of acting in a fun and creative atmosphere, all while stretching their imaginations and gaining confidence with speaking in front of others.

Six - Week Session:

Thurs. Oct. 14 - Nov. 18

Ages 8 - 12

Thurs. 4:15 p.m. - 5:15 p.m.

Program Price \$54 Member Price \$39

Kids' Soccer 📺 This program for boys and girls grades K-3 emphasizes fun and teamwork. Beginning skills of dribbling, passing and shooting are taught.

Six - Week Session:

Mon. Oct. 25- Wed. Dec. 1

Grades K - 3

Mon & Wed 4:15 p.m. - 5:15 p.m.

Program Price \$74 Member Price \$59

Playground Games 📺 A great way for kids to focus on teamwork and athletics, Playground Games brings back the fun games of years past: Dodgeball, Kickball, Wiffleball and more!

Six - Week Session:

Tues. Oct. 26 - Nov. 30

Grades 3 - 8

Tues. 4:15 p.m. - 5:15 p.m.

Program Price \$39 Member Price \$32

Preschool Soccer 📺

Oct. 13 - Nov. 17 or Nov. 24 - Dec. 29

Wed. 1:15 p.m. - 2:00 p.m.

Preschoolers acquire practical knowledge about teamwork, sportsmanship, taking turns and cooperation, all while engaging in physical fitness and learning the basic rules of the game.

Program Price \$59 Member Price \$39

What does the Rec Center mean to you?

*A place to work out away from it all with friendly and helpful staff
- Christina Crussiah*

Wado-Ryu Karate Wado-Ryu Karate is perfect for all ages and fitness levels, focusing on disciplining the mind and body through movement, training and partner work. Wado-Ryu combines Karate, Jujitsu and Iado to provide effective "real world" self defense.

Sept. 14 - Oct. 21 or Oct. 26 - Dec. 2

Tues & Thurs 6:00 p.m. - 6:30 p.m.

Ages 5 to 11 Kids/Beginners

Tues. & Thurs. 6:30 p.m. - 7:30 p.m.

Ages 12 & Up Adult/Advanced

Class Price: \$74 Member Price: \$64

Platinum Price: \$44 (two classes each week)

Family Prices: (includes all immediate family members)

Class Price: \$125 Member Price: \$105

Platinum Price: \$75 (two classes each week)

Youth Cardio & Circuit Orientation 📺

When your child take this class, he or she can work out in the cardio and fitness room without adult supervision. This program teaches kids ages 13-15 how to properly and safely use the equipment in the cardio and fitness rooms.

One day program!

Sept. 18 or Nov. 20

12:00 p.m. - 1:30 p.m.

Member Price: \$24 Platinum Price: Free

Youth Instructional League Basketball

Players learn 📺 skills and team concepts through team practices and league games. Each team has its own coach and team shirt. First practice are scheduled as follows: **Sat. Dec 4**

3rd & 4th grade boys: 1:15 p.m. - 2:15 p.m.

3rd & 4th grade girls: 12:15 p.m. - 1:15 p.m.

5th to 8th grade girls: 11:15 a.m. - 12:15 p.m.

5th & 6th grade boys: 9:45 a.m. - 11:15 a.m.

Program Price \$79 Member Price \$59

7th & 8th Grade Boys League Basketball

First practices are scheduled as follows:

Sat. Dec. 4 8:15 a.m. - 9:45 a.m.

All games PIAA refereed

Program Price: \$115 Member Price: \$95

Platinum Price: \$30

High School Boys' Basketball

9th - 12th grades not currently playing on a school team

Games Monday Evenings beginning Dec 6

Registration Deadline: Nov 22

All games PIAA refereed

Program Price: \$115 Member Price: \$95

Platinum Price: \$30

Teams drafted by selected captains after registration deadline. Register at ephratarec.com or at the Rec. For more info, contact Jean Wentz at 717-738-1167 x105

Register Early!

Preschool Swim Lessons

Aquababies 📧 Help your child become comfortable in the water through games and songs. Skills taught include floating, bubble blowing, kicking, scooping. Parent/adult must accompany child in the water. **Note: swim diapers are required for children in the Aquababies classes. (Ages 6 mos. - 18 mos.)**

Sept. 21 - Nov. 9

Tues. 7:00 p.m. - 7:30 p.m.

Class Price: \$79 Member Price: \$59

Platinum Price: Free

AquaTots 📧 The next step toward swimming lessons after Aquababies is Aquatots. Skills taught include floating, submerging face in water and beginning swim stroke. Parent/adult must accompany child in the water.

Sept. 21 - Nov. 9

Tues. 7:30 p.m. - 8:00 p.m.

Class Price: \$79 Member Price: \$59

Platinum Price: Free

Youth Swim Lessons

*Youth Lessons Ages 5 - 12
Class price: \$84 Member Price: \$64
Platinum Price: Free
*Student must pass previous
level to move on.*

Minnow (Level 1) 📧 For beginner swimmers. Includes submerging head, floating, treading and intro to freestyle and backstroke.

Sept. 20 - Oct. 13

Mon. & Wed. 6:00 p.m. - 6:30 p.m.

(twice a week for 4 weeks)

Guppy (Level 2) 📧 Builds on skills learned in Minnow. Treading water, rotary breathing and more.

Sept. 20 - Oct. 13

Mon. & Wed. 5:00 p.m. - 5:30 p.m.

(twice a week for 4 weeks)

Sunfish (Level 3) 📧 Stroke Improvement - freestyle, backstroke, beginning breaststroke.

Sept. 20 - Oct. 13

Mon. & Wed. 5:30 p.m. - 6:00 p.m.

(twice a week for 4 weeks)

Mini Clinic (Level 4) 📧 Focus on breaststroke, butterfly technique and intro to competitive freestyle and backstroke starts and turns.

Sept. 20 - Oct. 13

Mon. & Wed. 6:00 p.m. - 6:30 p.m.

(twice a week for 4 weeks)

Tadpole 1 📧 First class for children ages 3 - 6 without a parent. Skills include bubbles, floating, gliding and beginning strokes.

Sept 20 - Oct. 13

(Two times a week for four weeks)

Mon. & Wed. 5:00 p.m. - 5:30 p.m.

Sept 20 - Oct. 15 or Oct. 18 - Nov. 12

(Two times a week for four weeks)

Mon. & Fri. 12:00 p.m. - 12:30 p.m.

Sept. 25 - Nov. 13

Sat. 10:00 a.m. - 10:30 a.m. or 11:00 a.m. - 11:30 a.m.

Sept. 26 - Nov. 14

Sun. 12:00 p.m. - 12:30 p.m.

Class Price: \$84 Member Price: \$64

Platinum Price: Free

Tadpole 2 📧 Children continue to work on progressing their skills with learning to tread water, swim with face in water, beginning backstroke and diving.

Must pass Tadpole 1 class.

Sept 20 - Oct. 13

(Two times a week for four weeks)

Mon. & Wed. 5:30 p.m. - 6:00 p.m.

Sept 20 - Oct. 13 or Oct. 18 - Nov. 10

(Two times a week for four weeks)

Mon. & Fri. 12:30 p.m. - 1:00 p.m.

Sept. 25 - Nov. 13

Sat. 9:30 a.m. - 10:00 a.m. or 10:30 a.m. - 11:00 a.m.

Sept. 26 - Nov. 14

Sun. 11:30 a.m. - 12:00 p.m.

Class Price: \$84 Member Price: \$64 Platinum Price:

Free

Aquatics

Beginner & Intermediate Stroke Clinics Join our Ephrata Tidal Waves coaches and get ready for swim team. Sessions will include instruction and drills for all four competitive strokes, starts and turns. Beginner must be able to swim two lengths free/two lengths back.

Sept. 21 - Oct. 14

Beginner Grades 1 - 5

Tues. & Thurs. 6:00 p.m. - 6:45 p.m.

Class Price \$89 Member Price \$69 Platinum \$49

Intermediate Grades 4 - 8

Tues. & Thurs. 5:00 p.m. - 6:00 p.m.

Class Price \$99 Member Price \$79 Platinum \$59

Elite Clinic The Tidal Waves' coaching staff designs workouts to condition the advanced swimmer. Technique will be the focus, as well as competitive starts and turns for each stroke.

Sept. 21 - Oct. 14

Grades 7 - 12

Tues. & Thurs. 4:00 p.m. - 5:00 p.m.

Class Price \$99 Member Price \$79 Platinum \$59

Aquatics

American Red Cross Blended Learning Lifeguarding: Full & Re-certification Courses

Required for anyone age 15 (must be 15 by last day of class) or older wishing to become a certified lifeguard.

Full Course:

Fri. Oct. 8 4:00 - 5:30 p.m., Fri. Oct. 15 6:00 p.m.- 9:00 p.m.,

Sat. Oct. 16 9:00 a.m. - 6:00 p.m.,

Sun. Oct. 17 9:00 a.m. - 6:00 p.m.

Class Price \$325 Member Price: \$275

(All classes meet at Ephrata Rec Indoor Pool. *Note: Prior to first Full Course class meeting, Red Cross requires online registration. Seven hours required online prior to the first class meeting after the pre-requisites have been met. All participants MUST attend all sessions.*

Strong swimming skills recommended.

Recertification Courses: Same dates and times.

(Meet at Ephrata Rec Indoor Pool. May dismiss early depending on class progress.)

Class Price: \$169 Member Price: \$139

Note: The Red Cross requires Re-cert students to present a valid Lifeguarding card at the first class session.

The Red Cross also requires Re-cert course students to successfully complete an in-water skills screening.

Wellness

Biggest Winners Train & Maintain Two group training session per week, gym membership, free group fitness classes, nutritional guidance with food logging and team members to support you, plus more during our 10-week weight loss program.

Oct. 2 - Dec. 11

Call Maria Rotella at 717-738-1167 x106

or e-mail maria@ephratarec.com for more info!

Boot Camp Punch Cards Take your workouts to the next level with our small group training boot camps. Work with a certified personal trainer in a team atmosphere to get quicker, leaner, stronger. Learn to love exercise!

Early Morning Boot Camp

Mon., Wed. & Fri. 5:30 a.m. - 6:15 a.m.

Evening Boot Camp

Mon. & Wed. 6:00 p.m. - 7:00 p.m.

Cycle Boot Camp

Tues. 6:15 p.m. - 7:15 p.m.

Punch Card Prices:

Non-Member Price: \$82 Member Price: \$68

Platinum Price: \$54

Personal Training/ Aqua Personal Training

We offer personalized programs for all fitness levels. Sessions include a one-on-one consultation with a Rec trainer of your choice and nutritional counseling upon request. Sessions can be one hour or split into 30-minute increments.

Call 717-738-1167 x106 for information.

Masters Swimming Workouts

Led by a Tidal Waves competitive swim team coach, this class features practices designed to fit the ability of any competitive swimmer.

Workouts, personal instruction and feedback will be available for anyone looking to improve technique, increase their endurance or perfect the swimming leg of the next triathlon. Must be 18 or older.

Aug. 29 - Oct. 17 or Oct. 24 - Dec. 12

Sun. 10:15 a.m. - 11:15 a.m.

Class Price:\$89 Member Price:\$69

Platinum Price:\$49

Fall Membership Special

**13 months for
the price of 12!**
Join the Rec on a yearly
contract and receive
your 13th month free.
Applies to new members only.*

**New member means haven't had a
membership in the past year.*

RecCenter Running Club NEW!

Welcoming athletes of ALL abilities and ages looking to build speed as well as endurance for a future race. Over eight weeks, you will learn to develop a training routine, understand pacing, become mentally stronger and more from a personal trainer with over 18 years of running experience.

Sept. 26 - Nov. 14

Sun. 2:00 p.m. - 3:00 p.m.

Class Price: \$64 Member Price: \$44

Platinum Price: \$32

Women's Hour of Power Build muscle, get stronger and gain confidence with Women's Hour of Power. Six weeks of strength training in a females-only atmosphere led by a certified personal trainer before the Rec opens.

Oct. 17 - Nov. 21 or Nov. 28- Jan. 2

Sun. 8:00 a.m. - 9:30 a.m.

Class Price: \$49 Member Price: \$34

Platinum Price: \$24