Hiring Lifeguards for Summer! Training Available!

No Matter the Age...

Inside:
Father Daughter Dance
Egg Hunt
Memorial Day 5K
Fitness Classes
Swim

No Matter the Stage...

You are

UNSTOPPABLE!

ephrata recCenter

Program Guide

SPRING 2023

130 S. Academy Drive Ephrata
717-738-1167 ephratarec.com
Sponsored by MGS Incorporated & Summers Trucking

Ephrata Recreation Center Mission Statement

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

ephratarec.com facebook.com/ephratarec
www.instagram.com/ephratarec

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KID CARE HOURS

Drop the kids off in our kid care room and get your workout done!
Mon. - Fri. 8:30 a.m. - 12:00 p.m. Mon. - Thurs. 5:15 p.m. - 7:30 p.m.
Sat. 8:00 a.m. - 12:00 p.m.
No Sunday Kid Care Hours • Free for Platinum Members
$2/hr for the 1st child, $1/hr for addl.child. Min. time 1/2 hour; Max. time 2 1/2 hours

Membership Rates BASED ON A 1-YEAR MEMBERSHIP

	Monthly/EFT*
Preschool (up to 5 years)	FREE
Student (k-12)	$17.00
Individual (18 years and older)	$27.00
Couple	$41.50
Family (includes up to 22yrs old)	$54.00
Individual Matinee Mon - Fri 10 am - 2 pm	$19.50
Couple Matinee Mon - Fri 10 am - 2 pm	$26.00
Platinum Individual	$59.50
Platinum Couple	$88.00
Platinum Family	$99.00

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

REC CENTER HOURS

MON. - FRI.
5:00 a.m. - 9:00 p.m.
(Pool and Business Office open at 6:00 a.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.
Note: Sat. & Sun. pool closes 15 minutes prior to close.

PARTY RENTALS

Hosting a party or special event? We have you covered!
Party Room • Game Room • Pool • Gymnasium
Call 717-738-1167 x105 for Rental Info!

Group Fitness

Barre Above Barre Above® delivers a fusion of ballet, pilates, yoga and strength training in each workout. Beginner and Barre enthusiasts will always feel challenged with progressions designed for all ages, body types and fitness levels
Apr. 6 - June 29 Thurs. 5:15 p.m. - 6:00 p.m.

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.
Apr. 3 - June 26 Mon. 12:15 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!
Apr. 3 - July 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.
Apr. 4 - July 2 Tues. 5:30 a.m. - 6:30 a.m.
Tues. 10:00 a.m. – 11:00 a.m.
Tues. 6:40 p.m. -7:40 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.

Aqua Fitness

Aqua Fitness A medium-impact cardio workout to improve endurance and increase muscle.
Apr. 3 - July 2
Mon. - Fri. 9:15 a.m. - 10:00 a.m.
Sun. 11:00 a.m. - 11:45 a.m.
**Class price is for one day per week.*

Aqua Zumba It's back on the schedule! Join the Zumba Pool Party and get cardio-conditioned and toned all while having an exhilarating exercise experience!
Apr. 4 - June 27
Tues. 7:00 p.m. - 7:45 p.m.

Deep Water Aerobics Come sweat in the water for this NO impact class that focuses on strengthening the core, toning and flexibility.
Apr. 3 - July 1
Mon. 7:00 p.m. - 7:45 p.m.
Wed. 7:00 p.m. - 7:45 p.m.
Sat. 8:15 a.m. - 9:00 a.m.

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

Aerobic or Aqua Punch Cards:
$84 Non-Member $64 Member

Unlimited Aqua:
$144 Non-Member $104 Member

Unlimited Aerobics:
$174 Non-Member $134 Member

Pilates The ultimate workout for long lean muscles, strong abs and a reshaped body.
Apr. 4 - July 1
Tues. 6:30 p.m. - 7:30 p.m.
Sat. 10:30 a.m. - 11:30 a.m.

Pound Pound fuses cardio interval training with drumming to provide a challenging, heart-pumping workout that targets your whole body.
Apr. 6 - July 1
Thurs. 9:00 a.m. - 9:45 a.m.
Sat. 7:45 a.m. - 8:30 a.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.
Apr. 3 - June 26
Mon. 5:30 p.m. - 6:30 p.m.

X-Train HIIT High energy cardio and weight interval training workout. All levels welcome!!
Apr. 5 - July 1
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 and increase cardio endurance
Apr. 3 - July 1
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.

Yoga

Class Price: $89
Member Price: $69
Platinum Price: FREE

Two Class Discounts - Class Price: $69/each

Yoga Punch Card: $89 Non-member/$69 Member

Gentle Yoga Learn the fundamental concepts and aspects of Hatha and Restorative Yoga at a slower pace.
Apr. 4 - June 29
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.
Apr. 5 - June 28
Wed 6:30 p.m. - 7:15 p.m.

REC INSTRUCTOR SPOTLIGHT:
Holly Pannebecker
BodyCombat

Age: 32
How long have you been teaching at the Rec? Two years

Life outside of the Rec: I am a stay-at-home mom with three girls. We live in Stevens. I have been married to my husband, Aaron for seven years this April.

What's your favorite class to teach and why? I love to teach Body Combat. I fell in love with the class the first time I took it. I love the variety of moves that are in the class and the amount of calorie burn you get while having fun!

What exercise routines do you do outside of teaching classes? I like to take HIIT classes and have recently started being more consistent with Body Pump and actually liking the class. I have also been a runner for about ten years and am currently training for my first half marathon.

Any fun hobbies or facts about you? I have a degree in Marketing and really never consistently went to a gym until my second daughter was born. My three favorite things to do are bake, shop and drink coffee.

Cycle

Class Price: $94 Member Price: $74 Platinum Price: FREE
Two-Class Discounts - Class Price: $72 each
Member Price: $57/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.
Apr. 3 - July 1
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.
Apr. 3 - July 2
Mon. 5:45 p.m. - 6:30 p.m.
Wed. 5:30 a.m. - 6:15 a.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.
Apr. 3 - June 30
Mon. 5:30 a.m. - 6:00 a.m.
Mon. 7:00 p.m. - 7:30 p.m.
Fri. 5:30 a.m. - 6:00 a.m.

YogaRide 30 calorie-burning minutes on the bike and 30 flexibility-increasing, stress-reducing minutes of yoga.
Apr. 4 - June 27
Tues. 5:30 p.m. - 6:30 p.m.

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.

Senior Fitness

Silver Sneakers Circuit Standing circuit workout with low-impact aerobic choreography that increases your cardiovascular and muscular endurance.
Apr. 4 - June 29
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. **Apr. 3 - June 30**
Mon. 10:15 a.m. - 11:00 a.m. or 11:15 a.m. - 12:00 p.m.
Fri. 11:15 a.m. - 12:00 p.m.

Silver Sneakers Silver Splash
Improve your health in our shallow water class! No swimming ability required.
Apr. 4 - June 30
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.
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.
Apr. 5 - June 28
Wed. 11:00 a.m. - 11:45 a.m.

Pick-Up Sports

Free for Members!
Drop-in rate for times listed: $8
Adult Athletic Punch Cards Available: $48 for eight punches

Basketball
Tues/Thurs. 6:00 a.m. - 7:30 a.m.

Hockey
Mon./Wed./Fri. 6:00 a.m. - 7:30 a.m.

Volleyball
Mon./Thurs. 7:00 p.m. - 9:00 p.m.
Tues./Fri. 11:30 a.m. - 2:00 p.m.

Pickleball 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.

Adult Activities

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!
Apr. 3 - May 8 or May 15 - June 26
Mon. 7:30 p.m. - 8:30 p.m.
Class Price: $79 Member Price: $65 Platinum Price: $54

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. Proof of standard pet vaccines requested.
Apr. 15 - May 27 (no class on May 13)
Sat. 12:00 p.m. - 1:00 p.m.
Class Price: $124 Member Price: $104 Platinum Price: $89

REC INSTRUCTOR SPOTLIGHT:
Alice Ehly
Silver Sneakers

Age: 53
How long have you been teaching at the Rec? I've only been teaching group fitness for a few months. An inspiration of mine for many years and after closing my business last year, I finally had the time to pursue this interest.
Life outside of the Rec: My family and I have been residents of Reamstown for 25 years and our son graduated from Cocalico School District back in 2014. My husband Jeff is employed by Elanco School District as an IT tech and I work at Hair Works in Denver as well as Potter's House Of Ruth in Leola. Fitness has been a life-long passion which included soccer, distance running, and currently hiking.
What's your favorite class to teach and why? Silver Sneakers Classic brings me joy to teach, not only because I feel appreciated but also because I feel like I am doing a small part in encouraging my class to have fun and enjoy life.
What exercise routines do you do outside of teaching classes? Other than daily practicing the choreography to the class I teach, I also love to hike, which has taken the place of trail running over the past few months.
Any fun hobbies or facts about you? Every free moment I get is spent outdoors either hiking, gardening, or taking pictures of the marvels and beauty of nature/wildlife.

Swimming Lessons

Instruction for every age...which level is your child ready for?

Class Descriptions

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.)**

Aquatots The next step toward swimming lessons after Aquababies. Skills taught include floating, submerging face in water and beginning swim stroke. Parent/adult must accompany child in the water. **(Ages 18 mos. - 3 yrs.)**

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

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

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

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

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

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

Preschool Class Schedules

Limited Class Sizes. Register Early!

Aquababies

(Twice a week for 4 weeks)
Mar. 13 - Apr. 7 or Apr. 17 - May 12
Mon. & Fri. 12:00 p.m. - 12:30 p.m.
(Once a week for 8 weeks)
Mar. 18 - May 6
Sat. 9:00 a.m. - 9:30 a.m.

Aquatots

(Twice a week for 4 weeks)
Mar. 13 - Apr. 7 or Apr. 17 - May 12
Mon. & Fri. 12:30 p.m. - 1:00 p.m.
(Once a week for 8 weeks)
Mar. 18 - May 6
Sat. 9:30 a.m. - 10:00 a.m.

Tadpole 1

(Twice a week for 4 weeks)
Mar. 13 - Apr. 7 or Apr. 17 - May 12
Mon. & Fri. 1:00 p.m. - 1:30 p.m.
(Once a week for 8 weeks)
Mar. 18 - May 6
Sat. 9:00 a.m. - 9:30 a.m.
Sat. 10:00 a.m. - 10:30 a.m.
Sat. 11:00 a.m. - 11:30 a.m.

Tadpole 2

(Twice a week for 4 weeks)
Mar. 13 - Apr. 7 or Apr. 17 - May 12
Mon. & Fri. 1:30 p.m. - 2:00 p.m.
(Once a week for 8 weeks)
Mar. 18 - May 6
Sat. 9:30 a.m. - 10:00 a.m.
Sat. 10:30 a.m. - 11:00 a.m.
Sat. 11:30 a.m. - 12:00 p.m.

Class Pricing (per eight sessions)
All classes FREE for platinum family members!
Aquababies/Aquatots:
Non-member $84 Member $64
Tadpole 1/Tadpole 2:
Non-member $89 Member $69

Swimming Lessons

School-Age Class Schedules

Limited Class Sizes. Register Early!
Must pass previous level before moving on.

Level 1 Minnow
(Twice a week for 4 weeks)
Mar. 13 - Apr. 5 or Apr. 17 - May 10
Mon. & Wed. 5:00 p.m. - 5:30 p.m.
(Once a week for 8 weeks)
Mar. 18 - May 6
Sat. 9:00 a.m. - 9:30 a.m.
Sat. 10:00 a.m. - 10:30 a.m.

Level 2 Guppy
(Twice a week for 4 weeks)
Mar. 13 - Apr. 5 or Apr. 17 - May 10
Mon. & Wed. 5:30 p.m. - 6:00 p.m.
(Once a week for 8 weeks)
Mar. 18 - May 6
Sat. 9:30 a.m. - 10:00 a.m.
Sat. 10:30 a.m. - 11:00 a.m.

Level 3 Sunfish
(Twice a week for 4 weeks)
Mar. 13 - Apr. 5 or Apr. 17 - May 10
Mon. & Wed. 6:00 p.m. - 6:30 p.m.
(Once a week for 8 weeks)
Mar. 18 - May 6
Sat. 10:00 a.m. - 10:30 a.m.
Sat. 11:00 a.m. - 11:30 a.m.

Level 4 Mini-Clinic
(Twice a week for 4 weeks)
Mar. 13 - Apr. 5 or Apr. 17 - May 10
Mon. & Wed. 6:30 p.m. - 7:00 p.m.
(Once a week for 8 weeks)
Mar. 18 - May 6
Sat. 10:30 a.m. - 11:00 a.m.
Sat. 11:30 a.m. - 12:00 p.m.

Class Pricing (per eight sessions)
Levels 1 - 4:
Non-member $89 Member $69

Private Swim Lessons

Individual private lessons offered for all skill levels from beginner to the triathlete. Learn at your own pace in a safe atmosphere scheduled at your convenience!

- ***More Time and Attention***
- ***Customized to Ability***
- ***Overcome Water Fears***
- ***Personalized Feedback***
- ***Convenient Scheduling***
- ***Specific Goals***

Price per 30 min. session: $35 Six-pack (3 hours): $198
Member Price per 30 min session: $25 Six-pack (3 hours): $138

Semi-Private Swim Lessons

Two or three participants and an instructor.
Price per 30 min. session: $28 per person Six-pack (3 hours): $156 per person
Member Price per 30 min session: $23 per person Six-pack (3 hours): $126 per person

Aquatics

Competitive Spring Series Clinics Get ahead and stay ahead of the competition this spring with the Rec's four week pre-season competitive swim clinics. Classes combine instruction through drills, conditioning and refinement in all four competitive strokes, starts and turns. Conducted by the Ephrata Tidal Waves coaching staff.

Beginner (Ages 6 - 10) Apr. 18 - May 11
Tues. & Thurs. 5:15 p.m. - 6:00 p.m.
(must be able to swim 1 length of free & back)
Non-Member Price:$104 Member Price: $84 Platinum Price: $64
Intermediate (Ages 8 - 12) Apr. 18 - May 11
Tues. & Thurs. 4:30 p.m. - 5:15 p.m.
Non-Member Price: $104 Member Price: $84 Platinum Price: $64
Advanced (Ages 10 - 16) Apr. 18 - May 11
Tues. & Thurs. 3:30 p.m. - 4:30 p.m.
Non-Member Price: $124 Member Price: $94 Platinum Price: $79
Start & Turn Clinic Apr. 18 - May 11
Tues. & Thurs. 6:00 p.m. - 6:45 p.m.
Non-Member Price: $104 Member Price: $84 Platinum Price: $64

American Red Cross Blended Learning Lifeguarding: Full & Recertification
Required for anyone age 15 (must be 15 by last day of class) or older wishing to become a certified lifeguard. Three four-day sessions available.

Session Dates:
Friday Feb 24 4:00 p.m. - 5:00 p.m. (prerequisites)
Friday March 3 5:00 p.m.- 9:00 p.m.
Saturday March 4 8:00 a.m. - 5:00 p.m.
Sunday March 5 8:00 a.m. - 5:00 p.m.

Friday April 7 4:00 p.m. - 5:00 p.m. (prerequisites)
Friday April 14 5:30 p.m. - 8:30 p.m.
Saturday April 15 12:00 p.m. - 8:00 p.m.
Sunday April 16 10:00 a.m. - 6:00 p.m.

Friday May 5 4:00 p.m. - 5:00 p.m. (prerequisites)
Friday May 12 5:30 p.m.- 8:30 p.m.
Saturday May 13 12:00 p.m. - 8:00 p.m.
Sunday May 14 10:00 a.m. - 6:00 p.m.

NOW HIRING!
Summer Lifeguards
Denver, Ephrata, Reamstown Pools
Must be American Red Cross-Certified and at least 15 years old.
For info or to fill out an application, contact Dave Kauffman at 717-738-1167 x103 or dk@ephratarec.com. Employment includes a Rec Center membership during working months!

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 meet same dates and times but may dismiss early.
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.

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. Available for anyone looking to improve technique, increase their endurance or perfect the swimming leg of the next triathlon. Must be 18 or older.
Apr. 2 - May 28 (No class on Easter, Apr. 9) or June 4 - July 23
Sun. 10:15 a.m. - 11:15 a.m.
Class Price: $89 Member Price: $69 Platinum Price: $49

Youth Athletics/Activities

Most Youth Programs Free for Platinum Members! Look for the symbol!

Kids' Sports Mix

A variety of fun sports games like Wiffleball, Soccer, Basketball, Handball and more to keep kids active and engaged.
Grades 1 - 4
Apr. 6 - May 11
Thurs. 4:15 p.m. - 5:00 p.m.
Program Price: $44 Member Price: $37

Mini Gymnastics/Tumbling from Prime Time Tumbling

Mini Tumbling is perfect for young tumblers, ages 3 - 6 who are looking for an introduction to tumbling basics such as handstands, forward and backward rolls, cartwheels, round offs and up to walk overs and handsprings. **Six-week program.**
Feb. 27 - Apr. 3 or Apr 10 - May 15
Mon. 5:30 p.m. - 6:15 p.m.
Program Price $128 Member Price $112
Platinum Price: $98

Open Level Tumbling from Prime Time Tumbling

Open Level Tumbling is a one hour instructed class appropriate for students ages 7-17 of all skill levels.
Six-week program.
Feb. 27 - Apr. 3 or Apr 10 - May 15
Mon. 6:15 p.m. - 7:15 p.m.
Program Price $128 Member Price $112
Platinum Price: $98

Preschool Soccer

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.
Apr. 5 - May 10
New Class Day! Wed. 1:15 p.m. - 2:00 p.m.
Program Price: $64 Member Price: $44

Youth Cardio & Weight Orientation

This program, led by a personal trainer, teaches kids ages 14-15 how to properly and safely use the equipment in the cardio and fitness rooms. Once completed, they will be able to work out on their own at the Rec without adult supervision. Call 717-738-1167 x106 more info or to schedule a session.
Member Price: $24

Youth Speed Training

Improve your young athlete's running speed and athletic ability with our six-week program designed to enhance their skill, no matter what sport they play.
Ages 10 - 14
Apr. 4 - May 9
Tues. 4:15 p.m. - 5:15 p.m.
Program Price: $64 Member Price: $44
Platinum Price: $26

REC INSTRUCTOR SPOTLIGHT:

Missy Kaeser

Cycle

Age: 49

How long have you been teaching at the Rec? Two years

Life outside of the Rec: I live in Reinholds with my husband Jim and daughter Alissa and two crazy boxers Archie and Ava
What's your favorite class to teach and why? My favorite class to teach is Cycle Sculpt. I like to motivate the members and challenge them along with getting healthier. I often change my music playlist to bring energy to the class. I am always available to show new members how to use the bike.
What exercise routines do you do outside of teaching classes? I take body pump at the Rec center, I use the elliptical machine in the cardio room. I do various lifting in the weight room. Also I do a variation of planks. In the warm weather I do a fast pace walk on the track.
Any fun hobbies or facts about you? I love music. I love to cook different recipes with my family. I love to shop. I love spending time with friends and extended family. I like to explore different restaurants. I enjoy the beach and the pool to work on my tan. I love teaching and spending time at the Rec

Wellness/Training

Biggest Winners 10-Week Weight Loss Program

Apr. 15 - June 24

Are you motivated to lose weight but not sure where to start? Do you know you have to make a change, but lack the tools and resources necessary to actually do it?

Biggest Winners is for you!!

Some details about our trainer-led 10-week weight loss program:

Where: All group training and nutrition sessions will take place at the Ephrata Rec Center.

Weekly Training Sessions:

Tues. 6:00 p.m., Sat. 6:00 a.m.

Includes:

-Complete body composition analysis week one and week 10 including before-and-after photos.
-Customized nutritional guidelines
-Gym membership for the duration of the 10 weeks
-FREE online food logging account: www.myfitnesspal.com
-Two group personal training sessions per week for 10 weeks
-Access to a personal trainer for consultations throughout the10 weeks
-Free group fitness classes and boot camps for the duration of the program!

For more info or to register, contact maria@ephratarec.com or call 717-738-1167 x106.

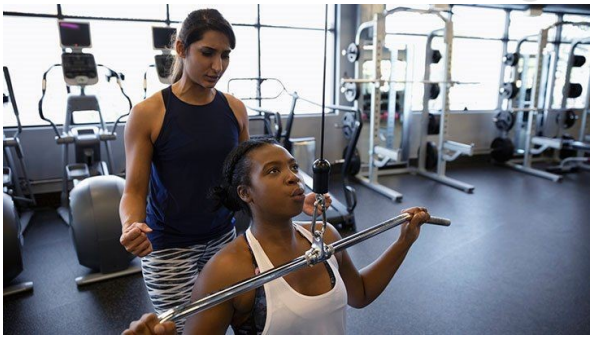
Couch to 5K Join this fantastic program with a running coach and go from the couch to the finish line in just eight weeks! C25K is based on walk/run intervals that gradually phase out the walking until you are running for a full 3.1 miles.

Apr. 4 - May 23
Tues. 5:45 p.m. - 6:45 p.m.
Class Price: $65 Member Price: $50
Platinum Price: $35
****Bonus: FREE entry into the Rec's Memorial Day 5K on May 29!***

Early Morning Boot Camp
In this 45-minute interval training workout, anything goes! Expect to move safely, have fun, **accelerate results and get motivated!**

Apr. 3 - May 12 or May 15 - June 30
Mon., Wed. & Fri.
5:30 a.m. - 6:15 a.m.
Class Price: $119 Member Price: $99
Platinum Price: $79

Wellness/Training



Personal Training/Aqua Personal Training

Sessions include a one-on-one consultation with a nationally-certified Rec trainer and |nutritional counseling upon request. Book six sessions and save money! Call 717-738-1167 x106 to schedule a session.

One-hour session pricing:
Non-member $55 Member $45
Six-pack session pricing:
Non-member $300 Member $240

Runner's Strength Workouts

An extension of our Rec Running Club, this program meets once a week over an eight-week session, combining outdoor running workouts with indoor strength training for runners as well as tips, stretching techniques and more. Led by a certified trainer and running coach.

Apr. 2 - May 28 (No class on Easter, Apr. 9)
Sun. 1:00 p.m. - 2:00 p.m.
Class Price: $89 Member Price: $69
Platinum Price: $49

Running Club

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.

Apr. 2 - May 28 (No class on Easter, Apr. 9)
Sun. 2:00 p.m. - 3:00 p.m.
Class Price: $89 Member Price: $69
Platinum Price: $49

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. Women's Hour of Power will help you lose body fat, gain strength without bulk, prevent injury, improve athletic performance and decrease your osteoporosis risk!

Apr. 2 - May 14 (No class on Easter, Apr. 9)
or May 21 - July 2
Sun. 8:00 a.m. - 9:30 a.m.
Class Price: $49 Member Price: $34
Platinum Price: $24

REC INSTRUCTOR SPOTLIGHT:

Pat Betz

Aqua

Age: Turning 74 on April 2

How long have you been teaching at the Rec? Almost six years I signed up for the Silver Sneaker programs which included the yoga classes and the water aerobics classes. By the next year, the instructor asked me if I would be interested in teaching the classes including fitness and Silver Sneaker aerobics. I said I would and proceeded to get qualified to teach all the water classes.

Life outside of the Rec: I've been married to my husband Dan for 48 years We have two sons, David and Jonathan, five grandchildren, who play soccer, football, basketball and wrestle and one great-grandchild. I love their sports and watching them grow.

I also love tennis and golf, but haven't had much time to play.

What's your favorite class to teach and why? All water aerobics classes!

What exercise routines do you do outside of teaching classes? When I have time, working on the resistance machines and I also love the rowing machine.

Any fun hobbies or facts about you? I love doing diamond paintings for gifts and home décor. I also was Commissioner of the Boy Scouts of America for Troop 60 in Reamstown.

REC INSTRUCTOR SPOTLIGHT:
Pam Vinje
Zumba

Age: Age? Well, so I hear your are as young as you feel and I wonder when I am going to grow up. But, to be more realistic, I'm closing in on early retirement.
How long have you been teaching at the Rec? The Rec took me under its wing 12 years ago teaching various classes like Butts 'n Guts, Strong and Zumba and outside the Rec, a paddle board class call Aqua Stand Up.
Life outside of the Rec: I live in the Ephrata School District and work in Lititz and the Luthercare Retirement Village as an Executive Assistant for the CEO. My family too is all local where we get together to just enjoy each other's company and to bring out a few belly laughs.
What's your favorite class to teach and why? All my classes are/ were unique and I loved instructing all of them.
What exercise routines do you do outside of teaching classes? I am always dabbling in my Strong routines as the choreography can be challenging and the music just gets you motivated. I also like to pull back and forget the world around me and breathe though a yoga session.
Any fun hobbies or facts about you? I like fitness, walking and bike riding in the PA Grand Canyon. When the weather gets warm you'll see me outside in the flower garden trying to keep out the weeds.

NOW HIRING SUMMER CAMP COUNSELORS!

Experience working with children preferred. Stop at the Rec to fill out an application or contact ephratareckidscamp@yahoo.com for info.

Summer Day Camps

Days & Times:

June 13 — Aug. 17
Tuesday, Wednesday & Thursday
9am - 12pm
Ages 3, 4 and 5 years old

Registration

Weekly - $ 54
(minus the $ 15 deposit....
$39 is the balance due each week)

Email us at: sunnydaysprekcamp@yahoo.com

Register for Summer 2022 Kids Camp!

Ages 6 to 11

Mon thru Friday
available hours 7am to 5:30pm

June 12 thru Aug 25th

Eleven weeks of swimming, crafts, field trips, lots of outdoor activities, games and much more!
Make new friends and reconnect with old ones!
Let our professional staff keep your kids active over the summer break.

Visit ephratarec.com/summer-kids-camp to download registration form.

Email us at: ephratareckidscamp@yahoo.com with questions.

Save the Date!

Save the Date!

Join Us Sunday, April 16 for

FREE EVENT!!

Sip & Stretch

Yoga & Wine Event

4:00 p.m. - 5:30 p.m.
45 minutes of yoga followed by wine & social time

Free Admission - Wine Provided - Donations Accepted
Donations support our Youth Programs
Must register by 12:00 p.m. Fri. Apr. 14

5th Annual Rec Center

MEMORIAL DAY 5K

Start Your Summer with a Race!

Mon. May 29th
8:00 a.m. start

$25 pre-register/ $35 day of registration
Prizes for Top Finishers
T-shirts when you pre-register by May 10!
Race begins on Ephrata Middle School track behind Rec Center.
Register at ephratarec.com or pretzelcitysports.com.

Save the Date!

What's better than one 5K?
Three 5Ks!

TRIPLE CROWN 5Ks
2023
recCenters of Lancaster County

WIN CASH PRIZES!

Compete in three local running events hosted by Ephrata recCenter, Hempfield recCenter, and Lititz recCenter for added challenge and extra cash prize eligibility in three divisions. One convenient $65 registration covers all three events. Participants of all ages are eligible for Triple Crown registration and prize competition. ***Top Male/Female Triple Crown King & Queen ($100) and Runners-Up Male/Female ($65) will be awarded in each division.***

5/29/23 Memorial Day 5K @ Ephrata recCenter

8/26/23 Amos Herr Honey Run 5K
Hempfield recCenter @ Amos Herr Park

9/16/23 Pretzel Twist 5K and Kids' Run
@ Lititz recCenter

Register through active.com