



Kids Camp

# SPRING 2025 PROGRAM GUIDE



Memorial Day 5K



Youth Art Class



New BodyPump Equipment!

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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[www.instagram.com/ephratarec](https://www.instagram.com/ephratarec)

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## 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!**

## 2025 MEMBERSHIP RATES

*BASED ON A 1-YEAR MONTHLY EFT MEMBERSHIP*

Preschool (up to 5 years old)	FREE
Student (k-12)	\$19
Individual (18 years and older)	\$30
Family (includes up to 22 yrs old)	\$59
Couple	\$45.50
Individual Matinee Mon - Fri 10 am - 2 pm	\$21.50
Couple Matinee Mon - Fri 10 am - 2 pm	\$29
Platinum Individual	\$65.50
Platinum Couple	\$96
Platinum Family	\$108

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



## KID CARE HOURS

**Drop the kids off in our kid care  
 room and get your workout in!**  
**Mon. - Fri. 8:30 a.m. - 11:00 a.m.**  
**Mon. - Thurs. 5:15 p.m. - 7:45 p.m.**  
**Sat. 8:00 a.m. - 12:00 p.m.**  
**No Sunday Kid Care Hours**  
**Free for Platinum Members \$5/hr for the**  
**1st child, \$3/hr for addl. child.**  
**Min. time 1/2 hour; Max. time 2 1/2 hours**

# Group Fitness Class Descriptions

**Aqua Fitness** A medium-impact cardio workout to improve endurance in the pool.

**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

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

**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

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

**Gentle Yoga** Learn the fundamental concepts and aspects of Hatha and Restorative Yoga at a slower pace.

**Group Cycling** High energy, great music and cardio training.

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

**Les Mills BodyCombat** High-energy martial arts-inspired workout that is totally non-contact. Punch and kick your way to fitness. No experience needed.

**Les Mills BodyPump** Increase your strength and endurance using a barbell. You'll cover every muscle group in this weight workout and learn the meaning of "time under tension."

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

**Pilates** A low-impact full body workout focused on improving your core strength with standing and floor work.

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

**Power Yoga** An athletic-style yoga focused on breath, movement and possibility. Suitable for all levels - flexibility not required, but achievable.

**Tighten & Tone** Reshape your entire body using barbells, hand weights, bands and tubes.

**X-Train HIIT** High energy cardio and weight interval training workout. A different workout each class to get you stronger and fitter. All levels welcome!!

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

**Zumba** An interval-style dance fitness party that combines low-intensity and high-intensity moves.

## CLASS PRICING - 13-Week Session

Aerobics		Aqua		Cycle		Yoga	
Non-Member	\$89	Non-Member	\$89	Non-Member	\$99	Non-Member	\$94
Member	\$68	Member	\$68	Member	\$78	Member	\$73
Platinum	Free	Platinum	Free	Platinum	Free	Platinum	Free
<i>Unlimited Aerobics</i>		<i>Unlimited Aqua</i>		<i>Two-Class Discount</i>		<i>Two-Class Discount</i>	
Non-Member	\$179	Non-Member	\$144	Non-Member	\$77	Non-Member	\$77
Member	\$139	Member	\$104	Member	\$62	Member	\$62

*Two Class Discount shows per class price.*

# SPRING GROUP FITNESS SCHEDULE

## March 31, 2025 - June 29, 2025

<b>MONDAY</b>		
5:30 a.m. - 6:00 a.m.	Sprint	Aerobic Room
9:00 a.m.- 9:55 a.m.	BodyCombat	Assembly Room
9:00 a.m. - 10:00 a.m.	Cycle Sculpt	Spin Room
9:15 a.m. - 10:00 a.m.	Aqua Fitness	Pool
12:15 p.m. - 1:00 p.m.	Dance Gold	Assembly Room
5:30 p.m. - 6:30 p.m.	Tighten & Tone	Assembly Room
5:30 p.m. - 6:15 p.m.	Zumba	Aerobic Room
5:45 p.m. - 6:30 p.m.	Group Cycle	Spin Room
6:30 p.m. - 7:30 p.m.	Power Yoga	Aerobics Room
7:00 p.m. - 7:45 p.m.	Deep Water	Pool
<b>TUESDAY</b>		
5:30 a.m. - 6:30 a.m.	BodyPump	Assembly Room
9:15 a.m. - 10:00 a.m.	Aqua Fitness	Pool
10:00 a.m. - 11:00 a.m.	BodyPump	Assembly Room
11:15 a.m. - 12:00 p.m.	Gentle Yoga	Assembly Room
5:30 p.m. - 6:30 p.m.	YogaRide	Spin Room
5:30 p.m. - 6:25 p.m.	BodyCombat	Assembly Room
6:30 p.m. - 7:30 p.m.	Pilates	Aerobic Room
6:40 p.m. - 7:40 p.m.	BodyPump	Assembly Room
<b>WEDNESDAY</b>		
5:30 a.m. - 6:30 a.m.	Group Cycle	Spin Room
9:00 a.m. - 10:00 a.m.	Xtrain HIIT	Assembly Room
9:00 a.m. - 10:00 a.m.	Cycle Sculpt	Spin Room
9:15 a.m. - 10:00 a.m.	Aqua Fitness	Pool
5:30 p.m. - 6:15 p.m.	Zumba	Assembly Room
5:45 p.m. - 6:30 p.m.	Group Cycle	Spin Room
6:40 p.m. - 7:25 p.m.	Hatha Yoga	Assembly Room
7:00 p.m. - 7:45 p.m.	Deep Water	Pool

<b>THURSDAY</b>		
5:30 a.m. - 6:30 a.m.	BodyPump	Assembly Room
9:00 a.m. - 9:45 a.m.	Pound	Gymnasium
9:15 a.m. - 10:00 a.m.	Aqua Fitness	Pool
10:00 a.m. - 11:00 a.m.	BodyPump	Assembly Room
11:15 a.m. - 12:00 p.m.	Gentle Yoga	Assembly Room
6:00 p.m. - 6:45 p.m.	Barre Above	Aerobic Room
6:40 p.m. - 7:40 p.m.	BodyPump	Assembly Room
<b>FRIDAY</b>		
5:30 a.m. - 6:00 a.m.	Sprint	Spin Room
9:00 a.m.- 9:55 a.m.	BodyCombat	Assembly Room
9:15 a.m. - 10:00 a.m.	Aqua Fitness	Pool
<b>SATURDAY</b>		
7:45 a.m. - 8:30 a.m.	Pound	Assembly Room
8:15 a.m. - 9:15 a.m.	Cycle Sculpt	Spin Room
8:15 a.m. - 9:00 a.m.	Deep Water	Pool
8:35 a.m. - 9:05 a.m.	Xtrain HIIT	Assembly Room
9:15 a.m. - 10:15 a.m.	BodyPump	Assembly Room
9:30 a.m. - 10:15 a.m.	Zumba	Aerobic Room
10:30 a.m. - 11:30 a.m.	Pilates	Aerobic Room
<b>SUNDAY</b>		
12:00 p.m. - 12:55 p.m.	BodyCombat	Assembly Room
1:00 p.m. - 2:00 p.m.	BodyPump	Assembly Room



**BOOT CAMP GROUP PERSONAL TRAINING Punch Cards: 12 Punches Non-member: \$89 Member: \$74 Platinum: \$59**  
**TRAINING TIMES: Mon, Wed, Fri. 5:30 a.m. - 6:15 a.m.**

**UNLIMITED AEROBICS (INCLUDES ALL FITNESS CLASSES OTHER THAN CYCLE & YOGA) : \$179 NON-MEMBER \$139 MEMBER**  
**UNLIMITED AQUA: \$144 NON-MEMBER \$104 MEMBER**  
**AEROBIC/AQUA PUNCH CARDS: 13 PUNCHES FOR \$94 NON-MEMBER \$73 MEMBER**

# Senior Fitness Class Descriptions

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, bring your insurance card to the Rec and we can verify.

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

**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.

## Silver Sneakers Silver Splash

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

## Silver Sneakers Yoga Stretch

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

### Class Pricing - 13-Week Session

Non-Member	\$62
Member	\$52
Silver Sneaker/Silver & Fit/Renew Active	Free

## SILVER SNEAKERS SCHEDULE

### MONDAY

10:15 a.m. - 11:00 a.m. Classic Assembly Room  
 11:15 a.m. - 12:00 p.m. Classic Assembly Room

### TUESDAY

9:00 a.m. - 9:45 a.m. Circuit Assembly Room  
 10:15 a.m. - 11:00 a.m. Silver Splash Pool  
 11:15 a.m. - 12:00 p.m. Silver Splash Pool

### WEDNESDAY

11:00 a.m. - 11:45 a.m. Yoga Stretch Assembly Room  
 12:00 p.m. - 12:45 p.m. Yoga Stretch Assembly Room

### THURSDAY

9:00 a.m. - 9:45 a.m. Circuit Assembly Room  
 10:15 a.m. - 11:00 a.m. Silver Splash Pool  
 11:15 a.m. - 12:00 p.m. Silver Splash Pool

### FRIDAY

10:15 a.m. - 11:00 a.m. Silver Splash Pool  
 10:30 a.m. - 11:15 a.m. Classic Assembly Room

# BIG NEWS!!!



We are excited to share that we've purchased brand-new Les Mills SmartBars to be used in all of our BodyPump classes! The SmartBar is an innovation in barbell training and is engineered to increase muscle activation, so you get better results from all the squats, rows and presses you do during your BodyPump workouts. This barbell with weights will improve technique, support safe and effective movement – and get you fitter and stronger, faster.

**Free Class!** Try any of our group fitness classes with this pass!

NAME \_\_\_\_\_

EMAIL \_\_\_\_\_

## Golden Years Club

The Rec Center's Golden Years Club is a social group for local young-at-heart seniors age 55 and older. Meetings are held the first Wednesday of each month from March through December and include lunch, meeting and a program. GYC members also have opportunities to participate in an annual beach trip to Wildwood, NJ as well as pinochle at the Rec Center. **First year Golden Years membership: \$20**

**Renew your membership for just \$15/year!**

**Spring 2025 Meeting Dates: Mar. 5, Apr. 2, May 7, June 4**

Golden Years Aqua Fitness classes are held exclusively for Golden Years members.

**Apr. 1 - June 26**

**Tues./Thurs. 8:15 a.m. - 9:00 a.m.**

**Golden Years Member Price: \$24 per session**

# Pick-Up Sports

**Free for Members!**  
Drop-in rate for times listed: \$14  
Adult Athletic Punch Cards Available:  
\$64 for eight punches - Save \$\$\$

## Basketball

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

## Hockey

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

# Adult Programs

## 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. 7 - May 12 or May 19 - June 30 (no class May 26)

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

Class Price: \$83 Member Price: \$69

Platinum Price: \$57

**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.

## Volleyball

Mon./Thurs. 7:00 p.m. - 9:00 p.m.

Tues./Fri. 11:30 a.m. - 2:00 p.m.



## Tai Chi for Arthritis and Fall Prevention

This evidence-based easy-to-learn eight-week Tai Chi Program, designed by Dr. Paul Lam and his team of medical and tai chi experts, is safe and effective for people who are at increased risk of falling. It improves flexibility, muscle strength, balance and more.



Mar. 18 - May 6

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

Class Price: \$83 Member Price: \$62

Platinum Price: \$41

# Preschool

Let us help your child get ready for Kindergarten?



## BRIGHT BEGINNINGS PRESCHOOL AT THE EPHRATA REC CENTER

The Preschool school year is Aug. thru May for 3, 4 & 5 year olds:

CLASS #1: Mon, Wed, Fri. 9 to 12:00pm

CLASS #2: Tues, Wed, Thurs. 9 to 12:00pm

CLASS #3: Tues, Wed, Thurs. 12:00pm to 3:00

Class #4 Mon, Wed, Fri. 12:00pm to 3:00



<https://ercpreschool.weebly.com/>

[ercpreschool@yahoo.com](mailto:ercpreschool@yahoo.com)

717-738-1167 ext. 114



# Youth Programs



## **Creative Kids Art Club NEW!**

Do you have a Creative Kid age 5 - 10? Register now for a weekly Art class to encourage your child's self expression and skill development. Artists will explore a wide variety of mediums including paint, clay, pastels and more with an experienced Art teacher from the Ephrata School District who also runs Lancaster's Early Risers Art Club. Each four week session is unique with new projects. **Four-week program.**

**Apr. 3 - Apr. 24 or May 1 - May 22**

**Thurs. 6:15 p.m. - 7:15 p.m.**

**Member/Non-Member Price: \$90 per session**



## **Kids' Sports Mix**

A variety of fun sports games like Wiffleball, Soccer, Basketball, Handball and more to keep kids active and engaged. **Five-week program.**

**Grades 1 - 4**

**Apr. 8 - May 5**

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

**Program Price: \$47 Member Price: \$39**

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

## **Youth Cardio & Weight Room 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 14-15 how to properly and safely use the equipment in the cardio and fitness rooms. Led by a certified personal trainer.

**Apr. 1, May 6 or June 3**

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

**Member Price: \$26**



**Youth Tennis Lessons** Classes will help kids develop hand-eye coordination, ball tracking, racquet handling skills and stroke fundamentals. Fun games and drills will help kids achieve early success in tennis. **Players should bring their own racquet.**

**Six-Week Session:**

**Sat. Apr. 26 - May 31**

**Ages 6-10 10:00 a.m. - 11:00 a.m.**

**Ages 11-14 11:00 a.m. - 12:00 p.m.**

**Program Price: \$104 Member Price \$82**

**Platinum Price \$68**



# 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.)**

## 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.)**

## 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.

## Level 1 (Minnow)

For beginner swimmers. Includes submerging head, floating, treading and intro to freestyle

## Level 2 (Guppy)

Builds on skills learned in Minnow. Treading water, rotary breathing and more.

## Level 3 (Sunfish)

Stroke Improvement - freestyle, backstroke, beginning breaststroke

## Level 4 (Mini-Clinic)

Focus on breaststroke, butterfly technique and intro to competitive freestyle and backstroke starts and turns.

### Class Pricing (per eight sessions)

**All classes FREE for Platinum Family members!**

**Aquababies/Aquatots:**

**Non-member \$110 Member \$75**

**Tadpole 1/Tadpole 2:**

**Non-member \$120 Member \$80**

**Levels 1 - 4:**

**Non-member \$120 Member \$80**

**Private Swim Lessons** - Individual private lessons offered for all skill levels

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

Member/Platinum 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/Platinum Price per 30 min session: \$23 per person Six-pack (3 hours): \$126 per person



# Swim Lessons

<b>LEVEL</b>	<b>DATES</b>	<b>TIME</b>
Aquababies	Mon. March 17 - May 5	10:45 a.m. - 11:15 a.m.
Aquababies	Sat. March 22 - May 10	9:00 a.m. - 9:30 a.m.
Aquatots	Mon. March 17 - May 5	11:25 a.m. - 11:55 a.m.
Aquatots	Sat. March 22 - May 10	9:40 a.m. - 10:10 a.m.
Tadpole 1	Mon./Fri. March 17 - April 11	12:00 p.m. - 12:30 p.m.
Tadpole 1	Mon./Fri. April 21 - May 16	12:00 p.m. - 12:30 p.m.
Tadpole 1	Sat. March 22 - May 10	9:00 a.m. - 9:30 a.m.
Tadpole 1	Sat. March 22 - May 10	10:20 a.m. - 10:50 a.m.
Tadpole 2	Mon./Fri. March 17 - April 11	12:40 p.m. - 1:10 p.m.
Tadpole 2	Mon./Fri. April 21 - May 16	12:40 p.m. - 1:10 p.m.
Tadpole 2	Sat. March 22 - May 10	9:40 a.m. - 10:10 a.m.
Tadpole 2	Sat. March 22 - May 10	11:00 a.m. - 11:30 a.m.
Level 1	Mon./Wed. March 17 - April 9	4:30 p.m. - 5:00 p.m.
Level 1	Mon./Wed. April 21 - May 14	4:30 p.m. - 5:00 p.m.
Level 1	Sat. March 22 - May 10	9:00 a.m. - 9:30 a.m.
Level 1	Sun. March 23 - May 11	12:00 p.m. - 12:30 p.m.
Level 2	Mon./Wed. March 17 - April 9	5:10 p.m. - 5:40 p.m.
Level 2	Mon./Wed. April 21 - May 14	5:10 p.m. - 5:40 p.m.
Level 2	Sat. March 22 - May 10	9:40 a.m. - 10:10 a.m.
Level 2	Sun. March 23 - May 11	12:40 p.m. - 1:10 p.m.
Level 3	Mon./Wed. March 17 - April 9	5:50 p.m. - 6:20 p.m.
Level 3	Mon./Wed. April 21 - May 14	5:50 p.m. - 6:20 p.m.
Level 3	Sat. March 22 - May 10	10:20 a.m. - 10:50 a.m.
Level 3	Sun. March 23 - May 11	1:20 p.m. - 1:50 p.m.
Level 4	Mon./Wed. March 17 - April 9	6:30 p.m. - 7:00 p.m.
Level 4	Mon./Wed. April 21 - May 14	6:30 p.m. - 7:00 p.m.
Level 4	Sat. March 22 - May 10	11:00 a.m. - 11:30 a.m.
Level 4	Sun. March 23 - May 11	2:00 p.m. - 2:30 p.m.

# 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. 15 - May 8**

**Tues. & Thurs. 5:30 p.m. - 6:30 p.m.**

*(must be able to swim 1 length of free & back)*

**Non-Member Price: \$124 Member Price: \$94 Platinum Price: \$79**

**Intermediate (Ages 8 - 12) Apr. 15 - May 8**

**Tues. & Thurs. 4:30 p.m. - 5:30 p.m.**

**Non-Member Price: \$124 Member Price: \$94 Platinum Price: \$79**

**Advanced (Ages 10 - 16) Apr. 15 - May 8**

**Tues. & Thurs. 3:30 p.m. - 4:30 p.m.**

**Non-Member Price: \$129 Member Price: \$99 Platinum Price: \$84**

**Start & Turn Clinic Apr. 15 - May 8**

**Tues. & Thurs. 6:30 p.m. - 7:15 p.m.**

**Non-Member Price: \$124 Member Price: \$94 Platinum Price: \$79**



## **American Red Cross Blended Learning Lifeguarding - Full Course**

Required for anyone age 15 (must be 15 by last day of class) or older wishing to become a certified lifeguard. Get trained now and work this summer at an outdoor pool managed by the Rec!

**PRETEST THURS. MARCH 13  
5:00 p.m. - 6:00 p.m.**

**Thurs. Mar. 20 6:00 p.m. - 9:00 p.m.**

**Fri. Mar. 21 6:00 p.m. - 9:00 p.m.**

**Sat. Mar. 22 11:00 a.m. - 7:00 p.m.**

**Sun. Mar. 23 9:00 a.m. - 5:00 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.*

## **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](mailto:dk@ephratarec.com). Employment**

**includes a Rec Center membership during working months!**

# Wellness

## Boot Camp Punch Cards

In this 45-minute interval training workout, anything goes! Team drills, circuits, partner training, challenges, games and friendly competition. Expect to move safely, have fun, **accelerate results and get motivated!** **Punch cards are good for 12 classes. Use anytime! Cards expire in six months.**

**Mon., Wed. & Fri.**

**5:30 a.m. - 6:15 a.m.**

**Class Price: \$89 Member Price: \$74 Platinum Price: \$59**

**Couch to 5K** Join this fantastic program with a running coach and go from the couch to the finish line in just 10 weeks! C25K is based on walk/run intervals that gradually phase out the walking until you're running the full 3.1 miles.

**Mar. 18 - May 20**

**Tues. 6:30 p.m. - 7:30 p.m.,**

**Class Price: \$69 Member Price: \$53 Platinum Price: \$37**

**\*Bonus: FREE entry into the Rec's Memorial Day 5K on May 26!**



## Nutrition Coaching

2025 is the year you put your health first and that all starts with good nutrition. If you aren't sure where to start, book a session with a certified nutrition coach and get specific guidance on how to make changes to your eating habits and overall diet. Call 717-738-1167 x106 to schedule a session.

**One-hour session pricing: Non-member \$60 Member \$50**

**Six-pack session pricing: Non-member \$330 Member \$270**

## Personal Training/Aqua Personal Training

We offer personalized programs for all fitness levels on land or in water. Sessions include a one-on-one consultation with a nationally-certified Rec trainer. Sessions can be one hour or split into 30-minute increments. Call 717-738-1167 x106 to schedule a session. We'll match you with a trainer.

**One-hour session pricing: Non-member \$60 Member \$50**

**Six-pack session pricing: Non-member \$330 Member \$270**

**Running Club** Welcoming athletes of all abilities looking to build speed and endurance for a future race. Over eight weeks, you will learn to build a training routine, understand pacing and become faster.

**Mar. 18 - May 6**

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

**Class Price: \$94 Member Price: \$73 Platinum Price: \$52**



**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.

**Apr. 6 - May 18 (no class on Apr. 20) or May 25 - June 29**

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

**Class Price: \$52 Member Price: \$36 Platinum Price: \$26**

# Special Events



# Easter EGG HUNT



SATURDAY  
APRIL 12TH

12:00 PM



Located behind the Ephrata Rec Center on the EASD track.

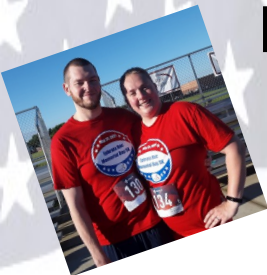
## Save the Date!

7th Annual Rec Center

# MEMORIAL DAY 5K

Mon. May 26  
8:00 a.m.

Part of RecCenters  
of Lancaster Co.  
Triple Crown  
Race Series!



\$25 pre-register/  
\$35 day of registration

SUNDAY  
MARCH  
30

## SIP & STRETCH

YOGA & WINE SOCIAL



Sunday, March 30

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