ephrata recCenter

NEW YEAR AT THE REC!

Winter 2026 Program Guide

10% Off Swim Lessons

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."

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

TABLE OF CONTENTS

3 Fitness Classes
4 Full Fitness Schedule
5 Senior Fitness
6 Adult Programs
6-7 Youth Programs
8-9 Swim Lessons
9 Aquatics
11 Wellness
12 Special Events

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!

2026 MEMBERSHIP RATES

BASED ON A 1-YEAR MONTHLY EFT MEMBERSHIP

Preschool (up to 5 years old)	FREE
Student (k-12)	$20.50
Individual (18 years and older)	$32
Family (includes up to 22 yrs old)	$63
Couple	$49
Individual Matinee Mon - Fri 10 am - 2 pm	$23
Couple Matinee Mon - Fri 10 am - 2 pm	$31
Platinum Individual	$70
Platinum Couple	$103
Platinum Family	$115.50

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

KID CARE HOURS

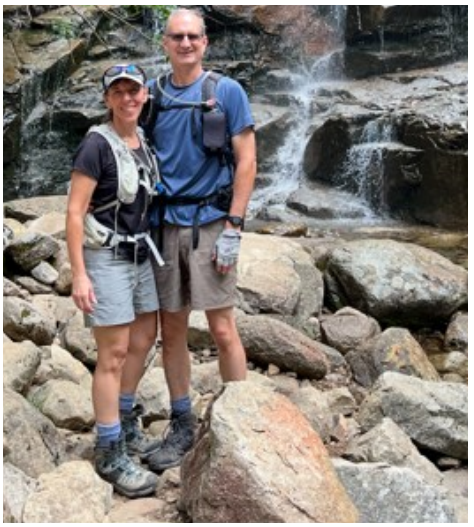
Drop the kids off in our kid care room and get your workout in!
Mon. - Fri. 8:30 a.m. - 11:00 a.m.
Mon. - Thurs. 5:15 p.m. - 7:45 p.m.
Sat. 8:00 a.m. - 12:00 p.m.
No Sunday Kid Care Hours
Free for Platinum Members ***$5/hr for the 1st child, $3/hr for addl. child.***
Min. time 1/2 hour; Max. time 2 1/2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

NEW YEAR DEAL!

Get 10% off all Winter Session youth group swim lessons.

Discount cannot be used on private lessons.

REC INSTRUCTOR SPOTLIGHT:
Kathy Stanley
Zumba



Life outside of the Rec:
Health and PE teacher at Lancaster Catholic High School. Married for 27 years to my amazing husband, Bill. Volunteer at our church (LEFC). Love my crazy, neurotic dog, Sedona.

What's your favorite class to teach and why?
Zumba-great music and FUN. Time flies for this workout!

What exercise routines do you do outside of teaching classes?
Body pump, back/core exercises

Any fun hobbies or facts about you?
Love hiking (hiked a Rim to Rim at the Grand Canyon in 2019), baking (especially sourdough), playing pickleball, reading, and I have watched every episode of NCIS (23 seasons to date).

GROUP FITNESS CLASS DESCRIPTIONS

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

Aqua Combat NEW! Aquatic resistance meets the intensity of kickboxing and mixed martial arts. aqua combat enhances muscular strength, endurance and coordination, propelling your fitness journey to new heights.

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.

Pilates/Barre Combo The best of both worlds! Pilates and Barre work similar muscle groups in similar ways for an all-around great workout.

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

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.

WINTER GROUP FITNESS SCHEDULE DEC. 29 - MAR. 29

MONDAY		
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
7:00 p.m. - 7:45 p.m.	Deep Water	Pool

TUESDAY		
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
7:00 p.m. - 7:45 p.m.	Aqua Combat	Pool

WEDNESDAY		
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

THURSDAY		
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
5:30 p.m. - 6:30 p.m.	Tighten & Tone	Assembly Room
6:40 p.m. - 7:40 p.m.	BodyPump	Assembly Room

FRIDAY		
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

SATURDAY		
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/Barre	Aerobic Room

SUNDAY		
12:00 p.m. - 12:55 p.m.	BodyCombat	Assembly Room
1:00 p.m. - 2:00 p.m.	BodyPump	Assembly Room

CLASS PRICING - 13 Week Session

Class Type	Non M	Member	Platinum
Aerobics/Aqua	$94	$69	FREE
Cycle	$104	$78	FREE
Yoga	$99	$73	FREE

Wellness Punch Cards: 12 Punches Non-member: $94 Member: $74 Platinum: $59

Use on two programs:

EARLY MORNING BOOT CAMP Mon., Wed. Fri. 5:30 a.m. - 6:15 a.m.

WOMEN'S HOUR OF POWER Sun. 8:00 a.m. - 9:30 a.m.

UNLIMITED AEROBICS (INCLUDES ALL FITNESS CLASSES OTHER THAN CYCLE & YOGA) : $184 NON-MEMBER $139 MEMBER

UNLIMITED AQUA: $149 NON-MEMBER $104 MEMBER

AEROBIC/AQUA PUNCH CARDS: 13 PUNCHES FOR $99 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 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 Circuit Standing circuit workout with low-impact aerobic choreography that increases your cardiovascular and muscular strength.

Silver Sneakers Silver Splash
A shallow-water exercise class designed for seniors of all skill levels, including non-swimmers. Splash offers a fun and engaging way to improve agility, flexibility, cardiovascular health, strength, and stability.

Silver Sneakers Yoga Stretch
This yoga class incorporates seated and standing yoga poses to improve flexibility, balance and range of motion. It uses a chair for support and incorporates breathing exercises for relaxation and stress reduction.

SILVER SNEAKERS CLASS 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

Class Pricing - 13-Week Session

Non-Member	**$67**
Member	**$52**
Silver Sneaker/Silver & Fit/Renew Active	**Free**

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
11:15 a.m. - 12:00 p.m.	Silver Splash	Pool

REC INSTRUCTOR SPOTLIGHT:
Amanda Mellinger
BodyCombat, Aqua Fitness, Aqua Combat

Life outside of the Rec: Graphic Designer by day. Love anything to do with the Arts. Have two pups (River and Rayne) that keep me moving rain or shine.

What's your favorite class to teach and why?
BodyCombat. It is so fun to let my inner ninja out with a group of like-minded fighters!!

What exercise routines do you do outside of teaching classes?
Walk daily with the pups. Though I teach so much that finding time to get my own workout in is tough I enjoy a good spin class, weight train and yoga.

Any fun hobbies or facts about you?
Former dancer. Started when I was 2.5 years old and performed for the last time at 40 years old, though I will never stop dancing in my kitchen. Also love to garden. All types of veggies and fruits my dogs love to help with eating what is grown.

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!

Jan. 13 - Feb. 17 or Feb. 24 - Mar. 31
Tues. 7:40 p.m. - 8:40 p.m.
Class Price: $88 Member Price: $69 Platinum Price: $57

Dog Training

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 during this seven-week session. Instructor Howard Wendt has over 35 years experience training dogs with "FUNctional" obedience training. Proof of standard pet vaccines requested.

Feb. 7 - Mar. 21 (no class on Feb. 21)
Sat. 11:00 a.m. - 12:00 p.m.
Class Price: $162 Member Price: $136 Platinum Price: $104

Tai Chi for Arthritis and Fall Prevention

This evidence-based easy-to-learn Tai Chi program is based on the Sun style developed by Dr. Paul Lim and his team of medical and Tai Chi experts. This program is safe and effective for people who want to reduce their risks of falls, strengthen muscles, improve flexibility and provides health benefits to improve quality of life.

Jan. 13 - Mar. 3
Tues. 1:00 p.m. - 2:00 p.m.
Class Price: $88 Member Price: $62 Platinum Price: $41

YOUTH PROGRAMS

Most Youth Programs Free for

K-2 Basketball

Rec Center Kindergarten through second grade basketball is an instructional program designed to introduce boys and girls to basketball fundamentals. Players will learn dribbling, passing, shooting and defensive skills.

Jan. 22 - Mar. 5 (no class on Feb. 19)
Thurs. 4:15 p.m. - 5:00 p.m.
Program Price: $94 Member Price:$68

Archery

Our archery club teaches the fundamentals of archery to boys and girls in first through eighth grades. Classes are held at the Center's archery building located on North Maple Street at Mohler Church Road. Equipment is provided. Archers with their own equipment are invited to bring it.

Jan. 8 - Feb. 26
Thurs. 6:30 p.m. - 7:15 p.m. (Grades 1-4)
Thurs. 7:15 p.m. - 8:00 p.m. (Grades 5-9)
Program Price: $94 Member Price: $68

Dance Combo

Join instructor Madeline, former dance team captain at Slippery Rock University, for an introduction to different genres of dance such as jazz, ballet, contemporary and more. Perfect for beginner dancers and those looking to have fun while moving to the music.

Jan. 14 - Feb. 18 or Feb. 25 - Apr. 1
Ages 3 - 5
Wed. 6:00 p.m. - 6:45 p.m.
Ages 6-10
Wed. 7:00 p.m. - 7:45 p.m.
Program Price $94 Member Price $69
Platinum Price: $49

YOUTH PROGRAMS

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

Creative Kids Art Club

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.

Ages 5 - 10.
Feb. 5 - Feb. 26
Thurs. 6:30 p.m. - 7:30 p.m.
Member/Non-Member Price: $90 per session

Elementary Floor Hockey

Boys & girls in grades 1-4 will learn shooting, passing, team offense and defense while having fun. Equipment is provided.

Jan. 22 - Mar. 5 (no class on Feb. 19)
Thurs. 5:15 p.m. - 6:15 p.m.
Program Price: $45 Member Price: $34

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

Jan. 12 - Feb. 16 or Feb. 23 - Mar.30
Mon. 5:30 p.m. - 6:15 p.m.
Program Price $142 Member Price $120 Platinum Price: $105

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.

Jan. 12 - Feb. 16 or Feb. 23 - Mar.30
Mon. 6:15 p.m. - 7:15 p.m.
Program Price $142 Member Price $120 Platinum Price: $105

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 trainer.

Jan. 6, Feb. 3, Mar. 3
Tues. 4:15 p.m. - 5:15 p.m.
Member Price: $26

Youth Pickleball

Pickleball is a sport that combines elements of tennis, badminton, and ping-pong using a paddle and plastic ball with holes. Rules for the game are simple!

Ages 10 - 14
Jan. 14 - Feb. 18
Wed. 4:15 p.m. - 5:15 p.m.
Program Price: $52 Member Price: $39

Youth Tennis Lessons

These high-energy tennis classes focus on **FUN first** while helping kids build confidence, learn fundamentals, and enjoy the game in a positive, supportive environment. No experience needed — just come ready to move, laugh, and play! **Bring your own racquet.**

Tues. Jan. 13 - Feb. 24
Ages 11-14 3:30 p.m. - 4:30 p.m.
Ages 6-10 4:30 p.m. - 5:30 p.m.
Program Price: $109 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 and backstroke.

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 $115 Member $75
Tadpole 1/Tadpole 2:
Non-member $125 Member $80
Levels 1 - 4:
Non-member $125 Member $80

REC INSTRUCTOR SPOTLIGHT:
Wanda Burkholder
Silver Sneakers Splash

Life outside of the Rec:
Married for 42 years. I have seven great-grandchildren, who I enjoy spending time with. Get together with some of the people that I used to work with pretty regularly. Anyone who knows me knows how much I love to talk.

What's your favorite class to teach and why?
Water class. I have met so many nice people. I really enjoy teaching them.

What exercise routines do you do outside of teaching classes? A few exercises at home.

Any fun hobbies or facts about you?
I enjoy reading a lot. My friends and I exchange books. I meet with friends to play cards and other games. In the past I went hang gliding, mountain biking, white water rafting and zip lining.

SWIM LESSONS REGISTER ONLINE OR AT THE REC AND GET 10% OFF!

Aquababies	Sat. Jan. 10 - Feb. 28	9:00 a.m. - 9:30 a.m
Aquatots	Sat. Jan. 10 - Feb. 28	9:40 a.m. - 10:10 a.m.
Tadpole 1	Mon./Wed Jan. 12– Feb. 4	10:30 a.m. - 11:00 a.m.
Tadpole 1	Mon./Wed. Feb. 16 - Mar. 11	10:30 a.m. - 11:00 a.m.
Tadpole 1	Sat. Jan. 10 - Feb. 28	9:00 a.m. - 9:30 a.m.
Tadpole 1	Sat. Jan. 10 - Feb. 28	10:20 a.m. - 10:50 a.m.
Tadpole 2	Mon./Wed Jan. 12– Feb. 4	11:10 a.m. - 11:40 a.m.
Tadpole 2	Mon./Wed. Feb. 16 - Mar. 11	11:10 a.m. - 11:40 a.m.
Tadpole 2	Sat. Jan. 10 - Feb. 28	9:40 a.m. - 10:10 a.m.
Tadpole 2	Sat. Jan. 10 - Feb. 28	11:00 a.m. - 11:30 a.m.
Level 1	Sat. Jan. 10 - Feb. 28	9:00 a.m. - 9:30 a.m
Level 1	Sun. Jan. 11 - Mar. 1	12:00 p.m. - 12:30 p.m.
Level 2	Sat. Jan. 10 - Feb. 28	9:40 a.m. - 10:10 a.m.
Level 2	Sun. Jan. 11 - Mar. 1	12:40 p.m. - 1:10 p.m.
Level 3	Sat. Jan. 10 - Feb. 28	10:20 a.m. - 10:50 a.m.
Level 3	Sun. Jan. 11 - Mar. 1	1:20 p.m. - 1:50 p.m.
Level 4	Sat. Jan. 10 - Feb. 28	11:00 a.m. - 11:30 a.m.
Level 4	Sun. Jan. 11 - Mar. 1	2:00 p.m. - 2:30 p.m.

AQUATICS

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.

SKILLS PRETEST WED. FEB. 4
5:00 p.m. - 6:00 p.m.

Fri. Feb. 20 6:00 p.m. - 9:00 p.m.
Fri. Feb. 27 6:00 p.m. - 9:00 p.m.
Sat. Feb. 28 11:00 a.m. - 7:00 p.m.
Sun. Mar. 1 9:00 a.m. - 5:30 p.m.

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.

Class Price: $325 Member Price: $275

Private Swim Lessons

Individual private lessons offered for all skill levels.
Price per 30 min. session: $40
Six-pack (3 hours): $203
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: $33 per person
Six-pack (3 hours): $161 per person
Member/Platinum Price per 30 min session: $23 per person
Six-pack (3 hours): $126 per person

REC INSTRUCTOR SPOTLIGHT:
Stacey Smith
Silver Sneakers

Life outside of the Rec: Life outside the rec is quite busy for me!! I teach fitness at two other locations as well as teach flute and piano lessons out of my home in Lititz. I have two teenagers (sometimes it feel like three with my husband). Both my kids keep me busy with appointments and activities.

What's your favorite class to teach and why? Silver Sneaker Circuit. I love the structure of cycling through circuits of low impact cardio and strength training. I have fun creating little choreographed cardio routines to practice movement in many different directions.

What exercise routines do you do outside of teaching classes? I don't get a lot of time exercising outside of class, but when I do, I love doing yoga, a cardio dance class called Oula, and calisthenic workouts that only require bodyweight. One of my favorites that I miss being able to do is mixed martial arts. Really, I just love moving!!

Any fun hobbies or facts about you? Of course, I play flute and piano since I teach those instruments. I love artsy/crafty things like painting pottery or wood pieces, paint by number, and I love putting together miniature creations called book nooks. A fun fact is that I have some fandom special interests! They include the musical group "Backstreet Boys", The movie "Nightmare Before Christmas", and the shows "Doctor Who" and "Supernatural."

WELLNESS

Nutrition Coaching

2026 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 $65 Member $50
Six-pack session pricing: Non-member $335 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. Book six sessions and save money! Call 717-738-1167 x106 to schedule a session. We'll match you with the right Rec trainer.

One-hour session pricing: Non-member $65 Member $50
Six-pack session pricing: Non-member $335 Member $270

Running Club - Speed Training 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 a faster runner.

Jan. 13 - Mar. 3
Tues. 5:30 p.m. - 6:30 p.m.
Class Price: $94 Member Price: $73 Platinum Price: $52

Wellness Punch Cards

Wow! One punch card, two great programs. Wellness punch cards can be used on both Early Morning Boot Camp Monday, Wednesday and Friday at 5:30 a.m. and Women's Hour of Power Sunday at 8:00 a.m. Punch cards are good for 12 classes. Use anytime, it's the perfect way to try out a new program and get in great condition. Cards expire in six months.

Non-member Price: $94 Member Price: $74 Platinum Price: $59

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.

Jan. 4 - Feb. 8 or Feb. 15 - Mar. 29
Sun. 8:00 a.m. - 9:30 a.m.
Class Price: $57 Member Price: $36 Platinum Price: $26

REC INSTRUCTOR SPOTLIGHT:
John Towolawi
Cycle

Life outside of the Rec: I am married to my lovely wife Yajaira and we have two kids Nathaniel and Leia.

What's your favorite class to teach and why?
Spin because I enjoy cycling and it great to do it in a group setting.

What exercise routines do you do outside of teaching classes?
I spin three times a week and I have a 12-minute strength training routine I do five days of the week.

Any fun hobbies or facts about you?
I lead a men's group at Dutch Way Cafe in Ephrata twice a month because I am passionate about God's word and creating community.

SPECIAL EVENTS

EPHRATA REC CENTER

DOG TRAINING OPEN HOUSE

Sat. January 17
12:00 p.m. - 2:00 p.m.

This open house is an opportunity for you and your dog to meet and greet and learn about dog training options.
The Rec's trainer, Howard Wendt, will be there to discuss general training.

No pre-registration required!
Free for all participants.

INDOOR YARD SALE

SAT. MARCH 7
6:00 A.M. - 12:00 P.M.

$25 DONATION/ 1 TABLE
$40 DONATION/2 TABLES
$5.00 ELECTRIC FEE TAX-DEDUCTIBLE
FREE MARKETING & ADVERTISING
INDOORS - HELD RAIN OR SHINE
SPACE IS LIMITED! RESERVE YOUR TABLE BY CALLING 717-738-1167 X105!