

2 ways to pay!

By the Month

Resident—\$37

Non-resident—\$40

Senior/Student—\$30

By the Class

\$8/resident, \$10/NR

January 2015

PLEASE READ BACK OF CALENDAR!!



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>N—Nancy Triscuit J—Jennifer Cranston L—Lisa George T—Toni Sloan M - Melissa Gettel K - Kelly Wesolosky</p>	<p>S - Stefanie Prior MV—Michelle Vigus KR—Kelly Riddle D—Danielle Ducharme- Ward</p>	<p><i>*45 minutes</i> Bold = STC or <u>Underlined</u>=change from last month <i>Blue</i>—new or change</p>		<p><u>SloFloYo</u> - Slowing down our flow and holding poses for an intense yoga experience!</p>	<p>2 8:30*N A&A Yoga 9:20 L CardioCore 10:30*N Cardio/Yoga Lite</p>	<p>BODY PUMP LAUNCH #92 8:30 (members only) 10:00—free to public (please read back)</p>
<p>4 <u>Insanity</u> - Tuesday 9:20 Come and check out this demo class. Will be an evening class.</p>	<p>5 8:30*N Yoga Flow 9:20 N BODYPUMP 10:30*N Fitness-Lite 5:40 S ZUMBA 6:50 L BODYPUMP</p>	<p>6 8:30*N Iron yoga 9:20 <u>INSANITY!</u> new evening class—please let me know how you like it 6:00 T ZUMBA</p>	<p>7 8:30* N SBT 9:30 N PiYo 10:30*N Yoga-Lite 5:50 K ZUMBA 6:00* N Yoga Flow</p>	<p>8 8:30 KR Boot Camp 9:40 J BODYPUMP 6:30 MV Strength/Core</p>	<p>9 8:30*N SloFloYo (Slow Flow Yoga!) 9:20 N Cardio Core Circuit 10:30*S Zumba-Lite</p>	<p>10 7:50 L BODYPUMP 9:00 MV ZUMBA</p>
<p>11 <u>PiYo 45</u> - 45 minutes of PiYo!</p>	<p>12 8:30*N PiYo45 9:20 N BODYPUMP 10:30*N Fitness-lite 5:40 S ZUMBA 6:50 L BODYPUMP</p>	<p>13 8:30*N SBTYoga 9:20* J SBT 6:00 T ZUMBA</p>	<p>14 8:30 N Booty Barre 9:30 N Kickbox Interval 10:30*N Yoga-Lite 5:50 K ZUMBA 6:00 N PiYo</p>	<p>15 8:30 KR Step 9:40 J BODYPUMP 6:30 M Strength/Core</p>	<p>16 8:30*N Yoga Flow 9:20 L CardioCore 10:30*N Yoga-Lite</p>	<p>17 7:50 N BODYPUMP 9:00 D Zumba Step</p>
<p>18</p>	<p>19 8:30*N SloFloYo 9:20 N BODYPUMP 10:30*N Fitness-Lite 5:40 S ZUMBA 6:50 L BODYPUMP</p>	<p>20 8:30*N Iron yoga 9:20 J Cardio Butts and Gutts 6:00 T ZUMBA</p>	<p>21 8:30 N PiYo 9:30* N SBT 10:30*N Yoga-Lite 5:50 K ZUMBA 6:00 N SloFloYo</p>	<p>22 8:30 KR CardioTriple Threat 9:40 J BODYPUMP 6:30 M Strength/Core</p>	<p>23 8:30*N Yoga Flow 9:20 N Cardio Core Circuit 10:30*N Zumba-Lite</p>	<p>24 7:50 L BODYPUMP 9:00 MV ZUMBA</p>
<p>25 NEW ROOM OPENING THIS WEEK!</p>	<p>26 8:30*N Yoga Flow 9:20 N BODYPUMP 10:30*N Fitness-Lite 5:40 S ZUMBA 6:50 L BODYPUMP</p>	<p>27 8:30*N SBTYoga 9:20 J CardioMix 6:00 T ZUMBA</p>	<p>28 8:30 N CardioCore Circuit 9:30 KS Yogalates Barre 10:30*N Yoga-Lite 5:50 K ZUMBA 6:00* N Iron Yoga</p>	<p>29 8:30 KR Boot Camp 9:40 J BODYPUMP 6:30 M Strength/Core</p>	<p>30 8:30*N SloFloYo (Slow Flow Yoga!) 9:20 L CardioCore 10:30*N Yoga-Lite</p>	<p>31 7:50 N BODYPUMP 9:00 MV PiYo 10:00 D Zumba Step</p>

TBC NEWS – January 2015

Saturday, January 3rd

8:30 and 10:00 a.m.

Here's how it works: If you are a member, you can register one week ahead of time. **The 8:30 class is for Members Only.** The 10:00 class is free and open to the public or any members who want to come at 10:00. Please pre-register as always for the 8:30 class. You do not have to pre-register for the 10:00 class, but it is first-come, first served for the weights and barbells.

BODY PUMP PRE-REGISTRATION

You must pre-register for BP classes to ensure that you get equipment. If you do not need equipment or would rather just do without or use dumbbells, you do not need to register ahead of time. Of course you can walk-in without pre-registering and if there is equipment you are welcome to use it. Put your name on the waitlist if the class is full, if there are no-shows, we will go by the waitlist as to who gets the equipment first. If you do not get to class by the end of the warm up, your equipment will go to the next person on the waitlist. Please see the separate attachment for all the "how-to" information you need!

NEW TO CLASSES?

Please don't be shy! Make sure the instructor knows you are new so she can tell you any inside scoop you may need to know about the class. That way you will be sure to get modifications too. We are always happy to meet with you before or after class. If the instructor is not available, contact Nancy at nancy.triscuit@cranberrytownship.org. In fact feel free to contact her about anything! She will get back to you!!

SCHOOL DELAYS AND CANCELLATIONS

If Seneca Valley is delayed, we will still hold classes at the usual times. If SV is cancelled, classes are cancelled for the morning. You can call the cancellation line too – it is 724-776-4806. You can also go to www.cranberrytownship.org/cancellations. If the weather is questionable in the evening, please call the cancellation line. Saturdays – use your best judgment!! The instructors live fairly close but if it is wicked awful, don't chance it! It won't be on the cancellation line on Saturdays.

NEW CLASSES THIS MONTH

We are hoping to add an Insanity class to the evening schedule and will be demo-ing it in the morning on Tuesday, the 6th. Sorry it couldn't be in the evening but we won't have room until February. Also, check out the SloFloYo classes in the morning on January 9th, 19th and 30th and in the evening on January 21st. We are also adding a PiYo class in the evening – check it out on January 14th at 6:00 and Saturday, January 31st at 9:00. We are having 2 more Barre classes for you to try – "Yogalates Barre" – 20 minutes of Yoga Flow, 20 minutes of Pilates and 20 minutes of Barre. Booty Barre is an energetic, fun, dance inspired total body toning fitness class incorporating a ballet barre, squish ball, bands, and other props. Deep muscle defining with intervals of cardio combining the fluidity of ballet, flexibility of yoga, and core strengthening of Pilates. These dates and times will change in February.