



CCF NEWS

August 2021

CLASSES

Dana Mikula is back this month for Zumba on Tuesday evenings and Zumba Sculpt on Sundays. Mobility Yoga Flow (MoYo Flow) is back on Tuesdays, 8:30 AM in the AMP (Amphitheater in Community Park). This class will not be a traditional Vinyasa Yoga Flow. This Yoga Flow will be a slower mobility-based flow incorporating mobility and Pilates sequences - meaning you will not be moving quickly from pose to pose. You will be moving mindfully and through full range of motion. Read the description for the class when you register! Please, bring a mat and 2 blocks if you have them (I will also bring some). A pad or blanket for your knees may be helpful. Also bring an open mind and the willingness to learn! The **Fit-Lite on Thursdays** has the added **“Osteo Friendly”** to the title just so you know that if you have Osteopenia and/or Osteoporosis, you won't even have to think about doing something that could harm you. If you are all of a sudden thinking, should I be working out at all? YES!!! You can and you must! You can do almost anything but should know some basic safety guidelines! The Wednesday night **Yoga Flow/Pilates Fusion at 6:00 PM** class with Becca is back inside due to Movies in the park. She is also be teaching **Sunrise Yoga class on Fridays at 7:30 AM**.

HOW DO I REGISTER FOR CLASSES?

You can register easily by clicking the link provided in the email. You don't get the email? Send me your email and I will get you on the list nancy.triscuit@cranberrytownship.org If you have to do it a different way, just go to cranberrytownship.org/register and you can type in CCF in the activity search bar and all classes will pop up OR you can filter it even more by adding the class name or number. Or you can go to cranberrytownship.org/groupfitness and click the link on the list of links. **Please try to register at least 24 hours in advance – if there are not enough people we may cancel the class. If you try to register and a class is “on hold”, that is exactly what happened!**

HOW CAN I GET A DISCOUNT?

Buy a **Group Fitness 10 pass** for \$40! What a great deal – are you kidding me? \$4/class. Unreal. Can I buy it online? YES you can! If you are on a desktop just go to cranberrytownship.org/register and click on the Memberships tab. If you are using your cell phone, do the same but choose view full site, then choose the memberships tab. It is the GF 10 pass. I included the link in the list of Links. Choose this option first before choosing your classes and they should come up as zero dollars.

VIRTUAL CLASSES!

The only Virtual classes on the schedule this month are Michelle's W and TH night classes. I would be happy to do any of mine virtually as well, just let me know ahead of time so I can set up a zoom meeting for it!

HOW DO I FIND OUT ABOUT WHAT'S GOING ON?

Head to our facebook page – 'Cranberry Community Fitness' for all the updates on classes, etc. Get your name on the email list by emailing nancy.triscuit@cranberrytownship.org

August 2021 Class Links

GF 10 PASS - \$40

[Friday 7/30 7:30 AM CCF Sunrise Yoga #11926 - AMP](#)

Friday 7/30 9:00 AM CCF Interval Training #11930

[Friday 7/30 10:30 AM CCF Pavilion Chair Yoga #11965 - Lion's Shelter](#)

Saturday 7/31 8:30 AM CCF Sculpt 360 #11932

[Saturday 7/31 9:45 AM CCF Yoga Flow #11935](#)

Sunday 8/1 9:00 CCF Sunday Funday - Zumba Sculpt #11972

[Monday 8/2 8:45 AM CCF CardioBarbell #11977](#)

[Monday 8/2 10:00 CCF Muscles and Mobility #11982](#)

[Monday 8/2 10:15 AM CCF Vinyasa Yoga Flow #11996 - AMP](#)

[Monday 8/2 6:30 PM CCF Bar Fight #11991](#)

[Tuesday 8/3 8:30 AM CCF Mobility Yoga Flow #11997 - AMP](#)

[Tuesday 8/3 10:00 CCF Fitness-Lite #11488 – Lion's Shelter](#)

[Tuesday 8/3 5:20 PM CCF Evening Gentle Yoga #11939 - AMP](#)

[Tuesday 8/3 6:30 PM CCF Zumba #12055](#)

[Wednesday 8/4 10:15 CCF Vinyasa Yoga Flow #12002 - AMP](#)

[Wednesday 8/4 11:30 CCF Gentle Yoga #12007](#)

[Wednesday 8/4 6:00 PM CCF Evening Interval Training #12011](#)

[Wednesday 8/4 6:00 PM CCF Evening Interval Training Virtual #12013](#)

[Thursday 8/5 9:00 CCF Sculpt360 #12016](#)

[Thursday 8/5 10:30 CCF Fit-Lite - Osteo-Friendly! #12020](#)

[Thursday 8/5 6:00 PM CCF Evening Sculpt360 #12024](#)

[Thursday 8/5 6:00 CCF Evening Sculpt360 Virtual #12028](#)

[Friday 8/6 7:30 AM CCF Sunrise Yoga Flow #12043 - AMP](#)

[Friday 8/6 9:00 CCF Interval Training #12032](#)

[Friday 8/6 10:30 CCF Pavilion Chair Yoga #11340 - Lion's Shelter](#)

[Saturday 8/7 8:30 AM CCF Saturday CardioBarbell #12036](#)

[Saturday 8/7 9:45 CCF Saturday Gentle Yoga #12039](#)

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[Sunday 8/8 9:00 AM CCF Sunday Funday! Zumba Sculpt #11973](#)

[Monday 8/9 8:45 CCF CardioBarbell #11978](#)

[Monday 8/9 10:00 CCF Muscle and Mobility #11983](#)

[Monday 8/9 10:15 CCF Vinyasa yoga Flow #11987 -AMP](#)

[Monday 8/9 6:30 PM CCF Bar Fight #11992](#)

[Tuesday 8/10 8:30 CCF Mobility Yoga Flow #11998 - AMP](#)

[Tuesday 8/10 10:00 CCF Fit-Lite #11489 - Lion's Shelter](#)

[Tuesday 8/10 5:20 PM CCF Evening Gentle Yoga #11940 - AMP](#)

[Tuesday 8/10 6:30 PM CCF Zumba #12056](#)

[Wednesday 8/11 10:15 CCF Vinyasa Yoga Flow #12003 - AMP](#)

[Wednesday 8/11 11:30 CCF Gentle Yoga #12008](#)

[Wednesday 8/11 6:00 PM CCF Evening Yoga Flow/Pilates Fusion #12053 -IN](#)

[Thursday 8/12 9:00 CCF Sculpt360 #12017](#)

[Thursday 8/12 10:30 CCF Fit-lite - Osteo Friendly! #12021](#)

[Thursday 8/12 6:00 PM CCF Evening Sculpt360 #12025](#)

[Thursday 8/12 6:00 PM CCF Evening Sculpt360 Virtual #12029](#)

[Friday 8/13 7:30 AM CCF Sunrise Yoga Flow #12044 - AMP](#)

[Friday 8/13 9:00 CCF Interval Training #12033](#)

[Friday 8/13 10:30 CCF Pavilion Chair Yoga #11341 - Lion's Shelter](#)

[Saturday 8/14 8:20 AM CCF Saturday Sculpt360 #12048](#)

[Saturday 8/14 9:45 CCF Vinyasa Yoga Flow #12049 - AMP](#)

[Sunday 8/15 9:00 CCF Sunday Funday! - Zumba Sculpt #11974](#)

[Monday 8/16 8:45 CCF CardioBarbell #11979](#)

[Monday 8/16 10:00 CCF Muscles and Mobility #11984](#)

[Monday 8/16 10:15 CCF Vinyasa Yoga Flow #11988 - AMP](#)

[Monday 8/16 6:30 CCF Bar Fight #11993](#)

[Tuesday 8/17 8:30 CCF Mobility Yoga Flow #11999 - AMP](#)

[Tuesday 8/17 10:00 CCF Fitness-Lite #11490 - Lion's Shelter](#)

[Tuesday 8/17 5:20 CCF Evening Gentle Yoga #11941 - AMP](#)

[Tuesday 8/17 6:30 PM CCF Zumba #12057](#)

[Wednesday 8/18 10:15 CCF Vinyasa Yoga Flow #12004 -IN TODAY!](#)

[Wednesday 8/18 11:30 CCF Gentle Yoga #12009](#)

[Wednesday 8/18 6:00 PM Evening Interval Training #12012](#)

[Wednesday 8/18 6:00 Evening Interval Training Virtual #12014](#)

[Thursday 8/19 9:00 AM CCF Sculpt360 #12018](#)

[Thursday 8/19 10:30 CCF Fit-Lite Osteo-Friendly! #12022](#)

[Thursday 8/19 6:00 CCF Evening Sculpt360 #12026](#)

[Thursday 8/19 6:00 CCF Evening Sculpt360 Virtual #12030](#)

[Friday 8/20 7:30 AM CCF Sunrise Yoga Flow #12045 - AMP](#)

[Friday 8/20 9:00 CCF Interval Training #12034](#)

[Friday 8/20 10:30 CCF Pavilion Chair Yoga #11342 – Lion's Shelter](#)

[Saturday 8/21 8:30 AM CCF Saturday CardioBarbell #12307](#)

[Saturday 8/21 9:45 CCF Saturday Gentle Yoga #12054 - AMP](#)

[Sunday 8/22 9:00 AM CCF Sunday Funday! Zumba Sculpt #11975](#)

[Monday 8/23 8:45 CCF CardioBarbell #11980](#)

[Monday 8/23 CCF 10:00 Muscles and Mobility #11985](#)

[Monday 8/23 10:15 CCF Vinyasa Yoga Flow #11989 -AMP](#)

[Monday 8/23 6:30 PM CCF Bar Fight #11994](#)

[Tuesday 8/24 8:30 AM CCF Mobility Yoga Flow #12000 - AMP](#)

[Tuesday 8/24 10:00 CCF Fitness-Lite #11491 - Lion's Shelter](#)

[Tuesday 8/24 5:20 PM CCF Evening Gentle Yoga #11942 - AMP](#)

[Tuesday 8/24 6:30 PM CCF Zumba #12058](#)

[Wednesday 8/25 10:15 CCF Vinyasa Yoga Flow #12005 - AMP](#)

[Wednesday 8/25 11:30 AM CCF Gentle Yoga #12010](#)

[Wednesday 8/25 6:00 PM CCF Evening Yoga Flow/Pilates Fusion #11945 - IN](#)

[Thursday 8/26 9:00 AM CCF Sculpt360 #12019](#)

[Thursday 8/26 10:30 CCF Fit-Lite - Osteo Friendly! #12023](#)

[Thursday 8/26 6:00 PM CCF Evening Sculpt360 #12027](#)

[Thursday 9/26 6:00 CCF Evening Sculpt360 Virtual #12031](#)

[Friday 8/27 7:30 AM CCF Sunrise Yoga Flow #12046 - AMP](#)

[Friday 8/27 9:00 CCF Interval Training #12035](#)

[Friday 8/27 10:30 CCF Pavilion Chair Yoga #11343 - Lion's Shelter](#)

[Saturday 8/28 8:30 CCF Saturday Sculpt360 #12038](#)

[Saturday 8/28 9:45 CCF Vinyasa Yoga Flow #12050 - AE SkatePark](#)

[Sunday 8/29 9:00 CCF Sunday Funday! Zumba Sculpt #11976](#)

[Monday 8/30 8:45 CCF CardioBarbell #11981](#)

[Monday 8/30 10:00 CCF Muscles and Mobility #11986](#)

[Monday 8/30 10:15 CCF Vinyasa Yoga Flow #11990](#)

[Monday 8/30 6:30 PM CCF Bar Fight #11995](#)

[Tuesday 8/31 8:30 AM CCF Mobility Yoga Flow #12001 - AMP](#)

[Tuesday 8/31 10:00 CCF Fitness-Lite #11492 - Lion's Shelter](#)

[Tuesday 8/31 5:20 PM CCF Evening Gentle Yoga #11943 - AMP](#)

[Tuesday 8/31 6:30 PM CCF Zumba #12059](#)