

Adult Fitness

PERSONAL TRAINING

Our personal training program is individualized and specifically tailored to your needs. Our certified trainers will guide you through a customized program, which will get you the results you need in the fastest and most effective way possible. You will be instructed in all components necessary to alter body composition, the use of proper bio-mechanics, anatomy, physiology, proper nutrition and much more. For more information or to register please contact the Front Desk.

Location: Centennial Recreation Center

Fees: \$60 per session (Individual sessions)
 \$300 6-session package @ \$50 per session
 \$480 12-session package @ \$40 per session
 \$624 16-session package @ \$39 per session
 \$685 18-session package @ \$38 per session
 \$840 24-session package @ \$35 per session

MT. MADONNA RUNNING CLUB

Do you enjoy running? Do you train for any particular runs? Come join some newcomers and old timers at Mt. Madonna on Friday mornings. It's fun, run at your own pace, and meet some great people who enjoy running as well.

Instructor: CRC Fitness Staff

Location: Mt. Madonna on Hecker Pass Hwy 152

| Activity # | Date | Day | Time | Age | Sessions |
|------------|----------|-----|--------|--------|----------|
| 5690.201 | 5/9-5/30 | F | 8-10am | 18yrs+ | 4 |
| 5690.202 | 6/6-6/27 | F | 8-10am | 18yrs+ | 4 |
| 5690.203 | 7/11-8/1 | F | 8-10am | 18yrs+ | 4 |
| 5690.204 | 8/8-8/29 | F | 8-10am | 18yrs+ | 4 |

Resident: Free / CRC Discount: FREE
 Non Resident: Free / CRC Discount: FREE



STROLLER FITNESS

This class is designed for parents and toddlers to interact with their baby/toddler while having fun with exercise indoors and outdoors when weather permits. Boost your energy and cardio endurance. We will also focus on strength training and core stability. All fitness levels are welcome.

Instructor: April Price

Location: Centennial Recreation Center, Outdoor/Gymnasium

| Activity# | Date | Day | Time | Age | Sessions |
|-----------|-----------|-----|---------|-------|----------|
| 5640.201 | 6/2-7/7 | M | 10-11am | 6mos+ | 6 |
| 5640.202 | 7/14-8/18 | M | 10-11am | 6mos+ | 6 |
| 5640.203 | 8/25-9/29 | M | 10-11am | 6mos+ | 6 |

Resident: \$50.00 / CRC Discount: FREE
 Non Resident: \$60.00 / CRC Discount: FREE



WEIGHT TRAINING FOR WOMEN (WTFW)

This six week one hour class is an intensive group experience using Cybex strength training equipment and free weights. Topics such as anatomy, physiology, fat loss and cardiovascular conditioning will be discussed. This course gives you the opportunity to workout next to a trainer so personalized instruction is guaranteed. This class also gives you an opportunity to meet other people. For more information or to register please contact the Front Desk.

Instructor: CRC Fitness Staff

Location: Centennial Recreation Center, Fitness Room

| Activity# | Date | Day | Time | Age | Sessions |
|-----------|-----------|-----|--------|--------|----------|
| 5631.201 | 6/4-7/9 | W | 12-1pm | 18yrs+ | 6 |
| 5631.202 | 7/23-8/27 | W | 12-1pm | 18yrs+ | 6 |

Resident: \$55.00 / CRC Discount: \$45.00
 Non-Resident: \$75.00 / CRC Discount: \$65.00

PILATES

Pilates is a low intensity, core strengthening workout that can help you firm, strengthen and tone your body. The result is a sleeker, more sculpted body.

Instructor: Terri Wright/Julie Jensen

Location: Community & Cultural Center, Mira Monte Room

| Activity# | Date | Day | Time | Age | Sessions |
|-----------|-----------|-----|----------|--------|----------|
| 5610.202 | 5/6-5/27 | T | 9am-10am | 13yrs+ | 4 |
| 5610.203 | 6/3-6/24 | T | 9am-10am | 13yrs+ | 4 |
| 5610.204 | 7/8-7/29 | T | 9am-10am | 13yrs+ | 4 |
| 5610.205 | 8/5-8/26 | T | 9am-10am | 13yrs+ | 4 |
| 5610.206 | 5/8-5/29 | TH | 9am-10am | 13yrs+ | 4 |
| 5610.207 | 6/5-6/26 | TH | 9am-10am | 13yrs+ | 4 |
| 5610.208 | 7/10-7/31 | TH | 9am-10am | 13yrs+ | 4 |
| 5610.209 | 8/7-8/28 | TH | 9am-10am | 13yrs+ | 4 |

1 Day a Week:

Resident: \$45 / Free to CRC Members
 Non Resident: \$55 / Free to CRC Member

2 Days a Week:

Resident: \$68 / Free to CRC Members
 Non Resident: \$78 / Free to CRC Members



YOGA

This is a class complete with instructional techniques on yoga, proper breathing, form, posture, breathing, and poses.

Instructor: Valerie Benitez

Location: Community and Cultural Center, Mira Monte Room

| Activity# | Date | Day | Time | Age | Sessions |
|-----------|----------|-----|-------------|-------|----------|
| 4690.209 | 5/6-5/27 | T | 6:30-7:25pm | 8yrs+ | 4 |
| 4690.210 | 6/3-6/24 | T | 6:30-7:25pm | 8yrs+ | 4 |
| 4690.211 | 7/1-7/22 | T | 6:30-7:25pm | 8yrs+ | 4 |
| 4690.212 | 8/5-8/26 | T | 6:30-7:25pm | 8yrs+ | 4 |

Resident: \$45.00 / CRC Discount: FREE

Non Resident: \$55.00 / CRC Discount: FREE



ADULT

FAMILY YOGA (PARENTS AND 6 MONTHS-6YRS)

This class promotes involvement of parents with their toddlers and is designed to offer a unique opportunity for parents and children to develop a special relationship and bond. The elements of yoga will be implemented and modified for both parents and children who are participating in this class.

Instructor: Amy McElroy

Location: Centennial Recreation Center, Aerobics Room

| Activity# | Date | Day | Time | Age | Sessions |
|-----------|----------|-----|-----------|-------|----------|
| 4690.207 | 5/6-5/27 | T | 9:30-10am | 6mos+ | 4 |
| 4690.201 | 6/3-6/24 | T | 9:30-10am | 6mos+ | 4 |
| 4690.202 | 7/1-7/22 | T | 9:30-10am | 6mos+ | 4 |
| 4690.203 | 8/5-8/26 | T | 9:30-10am | 6mos+ | 4 |

Resident: \$25.00 / CRC Discount: FREE

Non Resident: \$30.00 / CRC Discount: FREEYOGA

This is a class complete with instructional techniques on yoga, proper breathing, form, posture, breathing, and poses.

Instructor: Valerie Benitez

Location: Community and Cultural Center, Mira Monte Room

| Activity# | Date | Day | Time | Age | Sessions |
|-----------|----------|-----|-------------|-------|----------|
| 4690.209 | 5/6-5/27 | T | 6:30-7:25pm | 8yrs+ | 4 |
| 4690.210 | 6/3-6/24 | T | 6:30-7:25pm | 8yrs+ | 4 |
| 4690.211 | 7/1-7/22 | T | 6:30-7:25pm | 8yrs+ | 4 |
| 4690.212 | 8/5-8/26 | T | 6:30-7:25pm | 8yrs+ | 4 |

Resident: \$45.00 / CRC Discount: FREE

Non Resident: \$55.00 / CRC Discount: FREE



PRE-POST NATAL YOGA

Join Dolores Kent with her spectacular pre-post natal yoga class. This class will demonstrate an exercise regimen suitable for moms before and after pregnancy. It consists of 60-minutes of relaxation and breathing exercises to help out the pre-and post-pregnant moms. Includes: BABY & MOM PRE YOGA and BABY AND MOM.

Instructor: Dolores Kent

Location: Centennial Recreation Center, Meeting Room #1

| Activity# | Date | Day | Time | Age | Sessions |
|-----------|-----------|-----|---------|--------|----------|
| 4690.213 | 5/8-5/29 | TH | 10-11am | 18yrs+ | 4 |
| 4690.214 | 6/5-6/26 | TH | 10-11am | 18yrs+ | 4 |
| 4690.215 | 7/10-7/31 | TH | 10-11am | 18yrs+ | 4 |
| 4690.216 | 8/7-8/28 | TH | 10-11am | 18yrs+ | 4 |

Resident: \$25.00 / CRC Discount: FREE

Non Resident: \$30.00 / CRC Discount: FREE



BEGINNER'S YOGA CLINICS

This is a "Anusara Inspired" yoga-workshop that will identify key elements and movements in yoga. Simple for anyone who has never taken yoga before or someone that has taken yoga but not on an intensive level and would like to reach newer levels. Instructor: Dolores Kent/Terri Wright

Location: Centennial Recreation Center-Aerobic Room

| Activity# | Date | Day | Time | Age | Sessions |
|-----------|------|-----|-------|--------|----------|
| 4690.217 | 7/13 | SU | 2-4pm | 13yrs+ | 1 |
| 4690.218 | 8/10 | SU | 2-4pm | 13yrs+ | 1 |

Resident: \$25.00 / CRC Discount: 20.00

Non Resident: \$35.00 / CRC Discount: \$30.00

Adult Special Interest

SOCIAL DANCES

Learn what you need to know to hit the dance floor wherever you go! Discover the essentials of Swing, Salsa, Cruise-Step, Nightclub Two-Step and more. Tips & techniques for the social dance floor are included in this fun-for-everyone class.

Instructor: Staff

Location: Community & Cultural Center, El Toro Room

| Activity # | Date | Day | Time | Age | Sessions |
|------------|-----------|-----|-------------|--------|----------|
| 5400.102 | 5/20-7/22 | T | 7:30-8:30pm | 16yrs+ | 10 |

Resident Fee: \$125 / CRC Discount \$120

Non-Resident Fee: \$135 / CRC Discount \$130

MASSAGE THERAPY

(Please schedule appointments at the Front Desk)

Massage Therapist: Helena Maciel, CMT

Location: Centennial Recreation Center

Days: Wednesday & Saturday Time: TBD

Fees 30-min Session:

Residents: \$50.00/CRC Discount: \$45.00

Non-Resident: \$60.00/CRC Discount: \$55.00

Fees 1-hr Session:

Residents: \$75.00/CRC Discount \$65.00

Non-Residents: \$95.00/CRC Discount: \$85.00

Fees 1.5-hr Session:

Residents: \$95.00/CRC Discount: \$85.00

Non-Residents: \$110.00/CRC Discount: \$105.00

Fees 2-hr Session:

Residents: \$115.00/CRC Discount: \$105.00

Non-Residents: \$135.00/CRC Discount: \$125.00

CRC PRIVATE NUTRITIONAL CONSULTATIONS

(Please schedule appointments at the Front Desk)

Nutritionist: Dolores Kent

Location: Centennial Recreation Center

Initial Consultation (Initial Consultation 1-hr Session):

Resident: \$55.00 / CRC Discount: \$ 50.00

Non Resident: \$ 65.00 / CRC Discount: \$65.00

Returning Consultation Fee (Returning sessions are 30-min):

Resident: \$40.00 / CRC Discount: \$ 35.00

Non Resident: \$50.00 / CRC Discount: \$45.00

WOMEN'S WELLNESS GROUP

This is a once a month Women's Wellness Group that will have different topics of discussion, agendas and guest speakers. Topics of discussion will include: The "truth about body composition", How to use herbal supplement's for menopause, How to do self examinations to detect breast lumps, Cancer information, Continuing further in understanding the purpose of macronutrients. Guest speakers will share further expertise and knowledge in detailed areas.

Instructors: Dolores Kent & Terri Wright

Location: Centennial Recreation Center, Party Room

| Activity# | Date | Day | Time | Age | Sessions |
|-----------|------|-----|-----------|--------|----------|
| 5210.201 | 5/15 | TH | 11am-12pm | 18yrs+ | 1 |
| 5210.202 | 6/19 | TH | 12pm-1pm | 18yrs+ | 1 |
| 5210.203 | 7/17 | TH | 11am-12pm | 18yrs+ | 1 |
| 5210.204 | 8/21 | TH | 12pm-1pm | 18yrs+ | 1 |

Resident: \$15.00 / CRC Discount: \$10.00

Non Resident: \$25.00 / CRC Discount: \$20.00