Carroll County Community Center

Adult Program/Fitness Calendar ~ January – April 2012

Fitness Room

Hours: 5:30am – 9:00pm/Mon-Thurs
5:30am – 7:00pm Friday
8:00am – 4:00pm Saturday
1:00pm – 4:00pm Sunday
(Closed Memorial Day thru Labor)Day)

Everyday

Treadmills, Elliptical Machines, Exercise Bikes, Free Weights, Weight Machines and Much More!
Free Equipment Orientation Session for Members.
Members Free/Non-Members $7.00/day

Aerobics

With Bev Herr
6:00 – 7:00pm
Members Free
Non-Members
$3.00/Session
(buy 10 sessions-11th free)

Mondays & Wednesdays

PILATES

With Cheryl Wise
7-8PM
Members Free
Non-member
$3.00 SESSION
(Buy 10 the 11th is free)

TUESDAYS

ZUMBA

With Anya Ayres
6-7PM
Members-$3.00 or 10/$25.00
Non-member $4.00 or 10 $35.00
(Buy 10 and get the 11th free)

Thursdays

KID WATCH

!FREE!
Childcare while you work out!
M-TH-F 8-11
M-T-W-TH 5:30-8:30

Prime & Silver Sneakers Fitness Program

MUSCULAR STRENGTH/RANGE OF MOVEMENT

With Katie Flora

Mon-Wed-Fri

9:30 – 10:15am
Members Free
Non-Members
$3.00/Session

BOOT CAMP

BEGINNING JAN 3RD
6 -7 AM
MEMBERS FREE
NON MEMBERS $3.00
TUESDAYS

WATCH FOR:
~MORNING YOGA/PILATES
~CO-ED VOLLEYBALL
~HALF MARATHON& 5K

Karate Do

Jan 4 - Feb 8
Grades 7 – 12 & Adult
4:30 – 6:00pm
Fee: $40 Member
$48 Non-Member

Wednesdays

Get Fit This Winter

"3 Month Challenge"

January 2 to April 2, 2012
Registration Dates: December 1 – January 2nd.
Free to Members
$90.00 Non-Members
Meeting January 2, 2012 @ 5:30

Meet the program instructors, schedule a free equipment orientation, weigh-in, and receive helpful information to get started on a brand new year with a brand new you!

Men's Basketball League

Currently playing 4:30-8:30

SUNDAYS

SINGLE ELIMINATION TOURNAMENT
MARCH 4 & 11

NOTE Program & Class Dates/Times Are Subject To Change. Please Contact the CCCC For Updates.

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www.carrollcountycommunitycenter.com