

Cranberry Community Fitness

March 2020

PLEASE SWIPE YOUR CARD AT THE FRONT DESK BEFORE CLASS!

MEMBERSHIPS INCLUDE ALL CLASSES ON THE ATTACHED CALENDAR! In order to keep the afternoon and evening **and Saturday** classes from going to all pre-registration classes that you would have to pay for individually, we are asking that you pre-register for them, even if you are a member. The second 4 week session is coming up in the mid-March. All you do is tell them at the front desk when you swipe in. That's it! I will also be sending you links the week before the session so you can easily register from your computer or phone. We realize you may not be able to come to every class. You don't pay – there is no charge for members. Once you are registered you do not have to swipe in at the desk for the duration of the session. You will be on a roster and your instructor will mark you off. Easy for you, more challenging for the instructor! If you don't pre-register, you must swipe in at the desk and give the instructor your receipt as usual. **The classes are colored in green on the calendar.** There is a week in between sessions where members can attend without pre-registering. You can register for the next session when you come in that week. It is important that you do try to pre-register! *If you cancel your membership before a session ends, you are no longer able to take the class for free.

CLASS SPOTLIGHTS

ZUMBA TONING (Tuesdays 6:30 PM) Samantha will be subbing for Dana the first two weeks of March – the class will be more of a Zumba class. Samantha is a great instructor – check her out!

WEDNESDAY A.M. INTERVALS/PILATES Due to the results of the poll we took at the Luncheon on Wednesday, we will be keeping the schedule as it is with Intervals at 8:30 and Pilates at 9:30. The results were 10-5 – keeping it as is.

101 CLASSES – Each month on a Saturday at 10:30 AM, we have a Yoga 101 and Strength Training 101 clinic. These clinics are great for someone who is new to this type of activity, may be returning to the activity after a break and needs a refresher or may be returning to class after an illness or injury. You will not only be shown the basics but how to modify for your body as it is this day – not 10 years ago or how you wish you were today! Strength class will get specific on barbell exercises and form!
Saturday, March 7 – Strength 101, Saturday, March 2 – Yoga 101

NEW TO CLASSES?

Please don't be shy! Make sure the instructor knows you are new so she can give you the inside scoop about the class and give you any needed modifications. 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 - she will be happy to meet with you.

FACEBOOK PAGE

“Like” our page – “Cranberry Township Group Fitness” and you will get last minute updates that I can't get in to the office to send out, recipes, fitness articles, etc. Ask questions and receive answers too!

USE YOUR INBOX!

Get the monthly schedule and any important information emailed to you! Just send me your email address and I will add you to the list (we will Blind Carbon Copy so no one will see your address). You will also be notified if a class has to be cancelled or if there is a sub (if we find out in time!)

nancy.triscuit@cranberrytownship.org