

## TBC NEWS – January 2019

**JANUARY JUMP START! – Saturday January 5<sup>th</sup> (Come for one or stay for all!) Free to public!**

8:00 – Group Barbell

9:30 – Zumba

8:30 – Intervals

10:00 – Sculpt

9:00 – Pilates, barreless

10:30 - Yoga

### **YAHOO, WE'RE BACK TO A NORMAL SCHEDULE!**

Time to get serious about our health! I overindulged a lot more than usual over the holidays – anyone else? Did you know that if you really focus on the class you are taking and give it everything you have, you get results much more quickly. That and watching what you eat goes a long way in helping to get back to your goal (whether it be weight loss or just feeling better!)

**Please remember to swipe your card at the front desk and bring the instructor your receipt.**

**When the weather gets nasty, please take your shoes and boots off in the hallway.**

### **SIGN UP FOR AUTO-DEBIT TO KEEP YOUR MONTHLY FEE THE SAME!**

All other prices have increased by \$3. (There has not been a price increase for years!)

**Auto-Debit/Credit** - \$37/month/residents, \$40/non-residents, \$30/seniors, students

**Monthly membership** – Add \$3 to above prices

**Drop in** –prices have also increased - \$10/resident, \$12/non-resident

**5 Class Pass** (to avoid the per class increase) - \$35/resident, \$45/non-resident

### **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](mailto:nancy.triscuit@cranberrytownship.org) . Any comments or questions are welcome!

### **CLASS NEWS**

**TUESDAY 6:00 PM CLASS** –\_Lisa will be teaching the class this month and it will be a mix of Cardio and Sculpt.

**GROUP BARBELL ELEMENTS** - If you are new to Group Barbell or have never taken this class before, please try to get here **on Saturday, January 12 at 10:15 am**. We will be going over proper form for the basic barbell exercises so you will get the most from your class.

**TUESDAY 7:00 PM CLASS** -Tara will still be teaching this class but the format is changing just a bit. It will be called **20/20/20** and will be a combination of Cardio, Barre (Pilates) and Yoga. Let us know how you like it. We can always change it!

**ACTIVE BALANCE CONDITIONING – free for members** - Just during January – Join us for a walking, balance and posture workout. Email Nancy at [nancy.triscuit@cranberrytownship.org](mailto:nancy.triscuit@cranberrytownship.org) with any questions.

### **INCLEMENT WEATHER POLICY**

If there is a Seneca Valley school delay, we will still have morning classes as planned. If Seneca Valley is cancelled, morning classes are cancelled. If SV is cancelled due to cold temps, we will have classes. Evening classes, please call office (724-779-4386) later in the day to see if evening classes are cancelled. It usually goes out in an e-blast too if you are signed up through the township ([cranberrytownship.org/connect](http://cranberrytownship.org/connect)).

**EMAIL LIST/FACEBOOK PAGE** - Send me your email address at the above email and I will put you on the list to get the calendar emailed to you as soon as it is ready and I will let you know about schedule changes too, if I know ahead of time! “Like” our facebook page (Cranberry Township Group Fitness) and you will also get any last minute schedule changes that I can’t email you about (because I’m not at work!) and a few other goodies!