



Carter Community Building Association

recreation and fitness for all ages

Happy Sunday, Friends!

Please read our updated safety protocols below; the well-being of our members, our staff, and our community is paramount!

TRAVEL

As we know, the Upper Valley community has done a good job keeping COVID-19 minimized over the past several months. However, with a slight rise in cases, we are asking members to be mindful of the hot spots in New England and avoid travel to those places whenever possible. Please refer to the [Johns Hopkins COVID-19 map](#) for guidance. If you travel to a "red" zone, please do not come into the facility for 14 days upon your return.

Thank you for your help in keeping everyone safe!

MASKS

We are refining the types of masks we will allow in the facility as an added layer of community protection. The best masks to wear have at least a double layer of breathable material and do not have an exhalation valve. Gaiters (Bufs) must be doubled when worn in the facility. Bandanas and any face covering that hangs open will not be allowed at this time. Thank you for your cooperation!



Access to our live classes is available to everyone with an active membership or to those

with a Virtual Class Membership. To purchase a Virtual Class Membership, visit our [website](#) and click ONLINE STORE on the top right. Sign-in (or create an account) and you can purchase your membership right there for \$49!

Visit our Website for our Full Class List -Classes with a "Z" are available on Zoom!

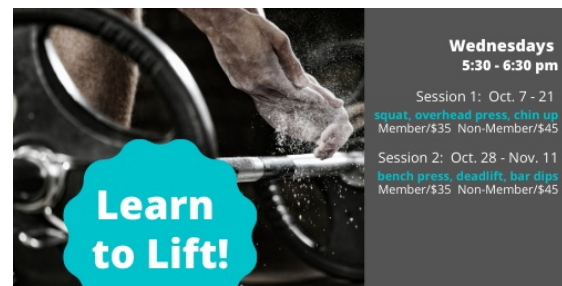
Get Ready for Ski Season!

We are offering a three week class focused on getting you ready to hit the slopes! Lower body conditioning, joint protection and core work will be covered. Our clinically-based strength and conditioning coach and Personal Trainer Phil DeNigris will lead these classes on Thursdays at 5:30 pm starting on November 3rd. \$35/Member | \$45/Non-Member [Email us to find out more!](#)



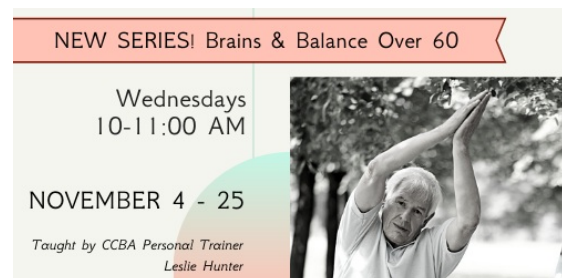
Learn to Lift

Ever wanted to know how to use the free weight room confidently? We still have room in our **LEARN TO LIFT** program taught by Personal Trainer and Bodybuilding Coach, Kelsi Nanatovich. Wednesdays at 5:30 pm. [Email us to find out more!](#)



Brains & Balance Over 60

We are excited to offer a special series designed to improve your neuroplasticity. Through a series of balance exercises and brain games, you can improve your cognitive function and reduce falls. Personal Trainer Leslie Hunter will lead this progressive series of classes. \$40/Member | \$50/Non-member. [Email us to sign up!](#)



POOL UPDATE

We've successfully drained the pool. Next steps: replacing some tiles and re-grouting the entire pool and whirlpool. So far, so good!

We hope to open up half of the Pat Walsh gymnasium's basketball courts for skills practices and rentals. If you want to learn more about basketball opportunities, please [email us](#).

Wishing you all a great week,

The CCBA Team

NOTE OUR EXTENDED HOURS:

Monday - Thursday 5:30 am - 7:00 pm

Friday 5:30 am - 1:00 pm

Saturday 7:00 am - 12:00 pm