


We've extended our fitness hours, added more group fitness and online classes, and opened our childcare room to help you stay in shape!



COME JOIN US!

Extended Fitness Hours Starting October 5th

Monday - Thursday 5:30 am - 7:00 pm
Friday 5:30 am - 1:00 pm
Saturday 7:00 am - 12:00 pm

See Pool Schedule for Pool Hours



WE ARE SO EXCITED TO SEE YOUR KIDS!

C.A.R is Opening!
October 5th

We will re-evaluate hours based on usage.

Temporary Hours
9:00 - 11:00 a.m.
Monday - Thursday

1 hour time slots
Reservations are required
CCBA Lebanon App or
www.joinccba.org
Masks required for children in kindergarten & older

Questions? E-mail Marie at marie.derosier@joinccba.org

Childcare while you exercise!

The Child Activities Room is opening Monday, October 5th!

Monday - Thursday 9:00 - 11:00 a.m.
[Reservations are required.](#)

Remember: Family membership gives you FREE childcare! Want to come in for a tour of the room and the fitness center? Give Barbara a call or pop her an email barbara.parker@joinccba.org

October Schedules!

Check out the great classes offered onsite and via ZOOM!

SUN	MON	TUE	WED	THU	FRI	SAT	
<p>The building is closed on Sundays</p> <p>Remember - Renew Your Zoom Membership</p> <p>(Z) Class is available on ZOOM</p> <p>Reservations are required</p> <p>You must be in HS or older with a membership</p> <p>no day passes</p> <p>no punch cards</p>	<p>8:00 - 8:45 a.m. Tabata w/Joanna (Z)</p> <p>9:00 - 10:00 a.m. Indoor Cycling w/Adrienne (Z)</p> <p>9:00 - 10:00 a.m. Aqua Zumba w/Haley</p> <p>10:30 - 11:30 a.m. Gentle Yoga w/ Connie (Z)</p> <p>12:00 - 12:45 p.m. Total Body Conditioning w/Kelsi (Z)</p> <p>4:30 - 5:15 p.m. Core Pilates w/Dianne (Z)</p> <p>5:30 - 6:30 p.m. Turbo Kick w/Natalie (Z)</p>	<p>5:30 - 6:15 a.m. Full Body Fusion w/Kelsi (Z)</p> <p>9:00 - 10:00 a.m. Fit & Strong w/Frances (Z)</p> <p>9:00 - 10:00 a.m. Aqua Fitness w/Joanna</p> <p>ZOOM ONLY 10:00 - 11:15 a.m. Iyengar Yoga w/Kristin</p> <p>4:30 - 5:15 p.m. Full Body Fusion-w/Anna (Z)</p> <p>ZOOM ONLY 5:00 - 6:00 p.m. Zumba w/Joan</p>	<p>5:30 - 6:30 a.m. Indoor Cycling w/ Peter or Cheryl</p> <p>8:00 - 8:45 a.m. Tabata w/Joanna (Z)</p> <p>9:00 - 10:00 a.m. Core Pilates w/Frances (Z)</p> <p>12:00 - 1:00 p.m. Indoor Cycling w/Kerry (Z)</p> <p>4:30 - 5:15 p.m. Full Body Fusion-w/Anna (Z)</p> <p>ZOOM ONLY 5:15 - 6:15 p.m. Zumba w/Joan</p> <p>-OUTSIDE- 5:30 - 6:30 p.m. TRX w/Kathy</p> <p>Group Fitness Questions: joanna.graber @joiccba.org</p>	<p>5:30 - 6:15 a.m. Full Body Fusion w/Kelsi (Z)</p> <p>9:00 - 10:00 a.m. Fit & Strong w/Joanna (Z)</p> <p>9:00 - 10:00 a.m. Indoor Cycling w/Jeff</p> <p>12:00 - 12:45 p.m. Total Body Conditioning w/Kelsi (Z)</p> <p>4:30 - 5:15 p.m. PIYo w/Natalie (Z)</p> <p>ZOOM ONLY 5:00 - 6:00 pm Zumba w/Joan</p> <p>5:30 - 6:30 pm SPECIAL Class Pandemic Pounds (PP) must be enrolled in PP</p> <p>Membership Questions: barbara.parker @joiccba.org</p>	<p>8:00 - 8:45 a.m. Tabata w/Kelsi (Z)</p> <p>9:00 - 10:00 a.m. Aqua Fitness w/Joanna</p> <p>10:00 - 11:00 a.m. Gentle Yoga w/Jenny (Z)</p> <p>12:00 - 1:00 p.m. Indoor Cycling w/Mavis</p>	<p>-OUTSIDE- 8:00 - 9:00 a.m. TRX w/Kathy</p> <p>8:30 - 9:30 a.m. Cardio Step w/Joanna (Z)</p> 	
	<p>CCBA Carter Community Building Association recreation and fitness for all ages 603/448-6477 www.joiccba.org</p>						

Temporary Building Hours

Mon - Thur 5:30 a.m. - 7:00 p.m.
Friday 5:30 a.m. - 1:00 p.m.
Saturday 7:00 a.m. - 12:00 p.m.

Best Value! Full Membership includes all on-site & virtual classes, fitness center, pool & tennis

NOTE: We have discovered a leak in our pool that must be fixed. The pool will close October 15th for the repair, we anticipate a closure for approximately 2 weeks.

CCBA DWINELL POOL SCHEDULE

OCTOBER 1 - 14

WE ANTICIPATE A 2 WEEK POOL CLOSURE TO FIX A LEAK BEGINNING OCTOBER 15

SUN	MON	TUE	WED	THU	FRI	SAT	
<p>The building is closed on Sundays</p> <p>Please NOTE:</p> <p>Reservations required</p> <p>Members Only</p> <p>Must be in High School or older</p> <p>*1 Hour Family Pool Rental Member/\$50 Non-Member/\$65</p> <p>Contact Marie for more info: marie.derosier@joiccba.org</p>	<p>5:30 - 9:00 a.m. Laps/exercise 6 lanes</p> <p>9:00 - 10:00 a.m. Aqua Zumba w/Haley</p> <p>10:00 - 12:45 p.m. Laps/exercise 6 lanes</p> <p>4:00 - 5:00 p.m. Laps/exercise 6 lanes</p> <p>5:00 - 6:00 p.m. Swim Lessons 2 lanes</p> <p>6:00 - 6:45 p.m. Laps/exercise 3 lanes</p>	<p>5:30 - 6:30 a.m. Masters Swim pool closed</p> <p>6:30 - 9:00 a.m. Laps/exercise 6 lanes</p> <p>9:00 - 10:00 a.m. Aqua Fitness w/Joanna</p> <p>10:00 - 12:45 p.m. Laps/exercise 6 lanes</p> <p>4:00 - 6:45 p.m. Laps/exercise 6 lanes</p> <p>5:00 - 6:00 p.m. Swim Lessons 2 lanes</p> <p>6:00 - 6:45 p.m. Laps/exercise 3 lanes</p>	<p>5:30 - 12:45 p.m. Laps/exercise 6 lanes</p> <p>4:00 - 5:00 p.m. Laps/exercise 6 lanes</p> <p>5:00 - 6:00 p.m. Swim Lessons 2 lanes</p> <p>6:00 - 6:45 p.m. Laps/exercise 3 lanes</p>	<p>5:30 - 6:30 a.m. Masters Swim pool closed</p> <p>6:30 - 12:45 p.m. Laps/exercise 6 lanes</p> <p>4:00 - 6:00 p.m. Laps/exercise 6 lanes</p> <p>6:00 - 6:45 p.m. Laps/exercise 6 lanes</p>	<p>5:30 - 9:00 a.m. Laps/exercise 6 lanes</p> <p>9:00 - 10:00 a.m. Aqua Fitness w/Joanna</p> <p>10:00 - 12:45 p.m. Laps/exercise 6 lanes</p>	<p>7:00 - 8:00 a.m. Masters Swim pool closed</p> <p>8:00 - 11:45 a.m. Laps/exercise 6 lanes</p> 	
	<p>CCBA Carter Community Building Association recreation and fitness for all ages 603/448-6477 www.joiccba.org</p>						

Pool Hours
Mon - Thur 5:30 a.m. - 1:00 p.m. & 4:00 - 7:00 p.m.
Friday 5:30 a.m. - 1:00 pm
Saturday 7:00 a.m. - 12:00 p.m.

Fitness Hours
Mon - Thur 5:30 a.m. - 7:00 p.m.
Friday 5:30 a.m. - 1:00 pm
Saturday 7:00 a.m. - 12:00 p.m.

Best Value! Full Membership includes all on-site & virtual classes, fitness center, locker rooms, pool & tennis

CCBA
Preschool

Discovery Time
Ages 3-4 years old

space available this fall

Preparing children for future schooling since 1999

Discovery Time for 3 and 4 years olds focuses on problem solving, self help skills, fine and gross motor skills and more in a nurturing, welcoming environment.

We have a few spaces open. For more information or to schedule a visit email [Eileen Urquhart](mailto:Eileen.Urquhart@joiccba.org).

Learn to Lift!

CCBA

Wednesdays
5:30 - 6:30 pm

Session 1: Oct. 7 - 21
squat, overhead press, chin up
Member/\$35 Non-Member/\$45

Session 2: Oct. 28 - Nov. 11
bench press, deadlift, bar dips
Member/\$35 Non-Member/\$45

Enroll Now!

Classes led by Kelsi K, Certified Personal Trainer

Join us for both 3 week sessions & learn proper form on these fundamental lifts!
small group setting of 3 - 5 people

Enroll Now!

Learn to Lift

CCBA
Witherell Recreation Center
Personal Training

Personal training is not a luxury anymore! People are finding that personal training can literally be a life saver. Start now!

It's As Easy As 1,2,3!

- 1 We start by matching you with one of our certified personal trainers who will help you achieve your personal fitness goals!
- 2 After an initial fitness assessment, your trainer will develop a custom program tailored to meet your fitness objectives.
- 3 It's all about RESULTS! Your trainer will continue to challenge you to make sure you reach your milestones!

Packages for Members	Partner Packages for Members	One Training Session
4 sessions \$216	4 sessions \$300	Member \$60
8 sessions \$409	8 sessions \$600	Non-Member \$90

Email our Group Fitness Director, Joanna Graber, to get started now @joanna.graber@joiccba.org

1 Taylor St, Lebanon NH
www.joiccba.org 603-448-6477

Personal Training

We have some fabulous new trainers! Our Personal Trainers will help you reach your fitness goals. Meet in person or online. Get in touch with [Joanna Graber](mailto:Joanna.Grabber@joiccba.org) for more details!

We love welcoming everyone back! Give us a call today to get your membership restarted

or to schedule a time to come in and take a look at our new set-up. You will love it!

[Questions? Email our Membership Director.](#)
