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





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

Monday - Thursday 9:00 - 11:00 a.m. <u>Reservations are required.</u>

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!



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	тни	FRI	SAT
The building is closed on Sundays	5:30 - 9:00 a.m. Laps/exercise 6 lanes	5:30 - 6:30 a.m. Masters Swim pool closed 6:30 - 9:00 a.m.	5:30 - 12:45 p.m. Laps/exercise 6 lanes	5:30 - 6:30 a.m. Masters Swim pool closed	5:30 - 9:00 a.m. Laps/exercise 6 lanes	7:00 - 8:00 a.m. Masters Swim pool closed
Please		Laps/exercise 6 lanes		6:30 - 12:45 p.m. Laps/exercise 6 lanes		8:00 - 11:45 a.m. Laps/exercise 6 lanes
NOTE:	9:00 - 10:00 a.m. Aqua Zumba w'Haley	9:00 - 10:00 a.m. Aqua Fitness w/Joanna			9:00 - 10:00 a.m. Aqua Fitness w]oanna	
required -Members Only Must be in High School or older	10:00 - 12:45 p.m. Laps/exercise 6 lanes	10:00 - 12:45 p.m. Laps/exercise 6 lanes			10:00 - 12:45 p.m. Laps/exercise 6 lanes	(I)
*1 Hour Family Pool Rental	4:00 - 5:00 p.m. Laps/exercise 6 lanes	4:00 - 6:45 p.m. Laps/exercise 6 lanes	4:00 - 5:00 p.m. Laps/exercise 6 lanes	4:00 - 6:00 p.m. Laps/exercise 6 lanes		
Member/\$50 Non-Member/\$65	5:00 - 6:00 p.m. Swim Lessons 2 Janes		5:00 - 6:00 p.m. Swim Lessons 2 lanes		CCBA Carter Community B	-
Contact Marie for more info: marie.derosier@ joinccba.org	6:00 - 6:45 p.m. Laps/exercise 3 lanes		6:00 - 6:45 p.m. Laps/exercise 3 lanes	6:00 - 6:45 p.m. Laps/exercise 6 lanes	recreation and fitnese for 603/44 www.join	all ages 8-6477
Mon - Thur Friday Saturday	4:00 - 7:00 p.m. Frid		Fitness Hours n - Thur 5:30 a.m 7:00 p.m. ay 5:30 a.m 1:00 pm irday 7:00 a.m 12:00 p.m.		Best Value! Full Membership includes all on-site & virtual classes, fitness center, locker rooms, pool & tennis	



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 <u>Eileen Urquhart</u>.

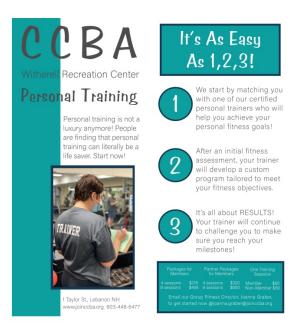


Enroll Now!

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

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

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 for more details! 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.