

JANUARY 2021 NEWSLETTER



Carter Community Building Association
recreation and fitness for all ages

Hello 2021!



*Congratulations on making it through
2020.*

*There's so much to look forward to this
year!*

MEMBERSHIP SPECIALS!*

Are you 28 or Younger?

We have a FABULOUS Offer for you!!

You can purchase a 6 month or 12 month membership at the Young Adult rate!

Typically only offered to those 23 and younger - this is nearly a 30% savings!

Adults & Seniors ages 29 - 63

Join now and get extra time for FREE!

Join for 6 months and get one extra month FREE

Join for the year and get 2 extra months FREE

**offers expire 1/11/2021 at 6:30 p.m. and cannot be combined with other offers*

Commit To Get Fit



We are excited to launch Commit To Get Fit 2021 on Monday, January 4th! Whether you're looking to make wellness a top priority this year, or you've already got a fitness lifestyle in place, we are here for YOU!

Sign up now for CCBA's Commit To Get Fit 2021!

- FREE for members - *enroll at our Welcome Desk.*
- Start anytime between January 4th and January 18th.
- Commit to 6 weeks of working out 3 times a week for at least 30 minutes - this can be a combination of gym visits and workouts on your own - just let us know.
- Check into the CCBA or a Zoom class at least 3 times a week for drawing entries.
- Connect with a Fitness Instructor or staff at the Welcome Desk to let them know you have completed your workout! They will mark it on your Tracking Sheet- these will be displayed in the second floor hallway.
- Members with Virtual-Only Memberships will receive a printable Tracking Sheet via email. Track your weekly workout totals and email them to info@joinccba.org every Sunday.
- Complete the daily challenges that are emailed each Sunday.
- Every day you workout = an entry into the weekly drawing for prizes, limit one workout entry per day.
- Post a picture of you working out at CCBA to Facebook or Instagram and tag #MyCCBA for an extra entry into the weekly drawing.

**Want a little more incentive to stay committed? Complete all 6 weeks, exercising at least 3 times per week and completing the weekly challenges ...
AND WE WILL ADD ONE WEEK TO YOUR MEMBERSHIP!**

We believe in YOU and we can't wait to support your successful launch into 2021!

We Are Your Resolution!

Exercise offers incredible benefits that can improve nearly every aspect of your physical

and mental health! As a general goal, aim for 30 minutes of activity every day. You will find you have more energy to tackle life.

*Did you know that people who are successful at maintaining their fitness routines do so because they are in the habit of working out? Don't fret if you don't have this habit yet, **BECAUSE YOU CAN!***



If working out, eating healthfully, or meditating might be new routines for you, here are a few tips:

- Be a little bit selfish. Your body and mind are the **ONLY** ones you get. And remember, taking care of yourself is essential if you want to take care of those around you.
- Schedule the specific time you will do these activities into your weekly planner.
- Commit to your big goal - and plan to meet that goal in incremental steps. Noticeable results take time, but more importantly they are achieved when your daily decisions and actions are aligned with your goal.
- Make decision-making easier by putting your exercise clothes in a bag the night before your workout, prepping healthy meals on the weekends to make weekdays' nutrition easier, or maintain a space in your dwelling that allows you to take time for reflection.

Classes & Updates

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!](#)

NEW SERIES! Brains & Balance Over 60

Wednesdays
10-11:00 AM

January 1 - 27



Taught by CCBA
Personal Trainer
Leslie Hunter

Learn to Lift

Ever wanted to know how to use the free weight room confidently? Enroll in our **LEARN TO LIFT** program taught by Personal Trainer and Bodybuilding Coach, Kelsi Nanatovich. Dates: Wednesdays, January 6, 13, 20
Time: 5:30 - 6:30 pm.
\$35/Member | \$45/Non-member.

[Email us to find out more!](#)



Town Team

MONDAYS: 6:30-7:45 PM AND
THURSDAYS: 5:45-7:00 PM**.
For Lebanon High School students in 9th through 12th grade. To be eligible, players cannot play on a high school reserve, junior varsity, varsity or AAU basketball team. Coaches will work on drills and skills and some scrimmaging. Masks are mandatory on and off the court.
** Subject to change based on coach availability.



Private Pool Rental

Have some fun in our pool!

Families love having our lifeguarded pool and diving board to themselves! Rental is for one hour for up to 12 friends in your bubble.
Members/\$60, Non-member \$75

Interested? Contact Marie at
marie.derosier@joinccba.org



Wishing you all a fantastic start to 2021!

See you at the CCBA!

Connect and Share!



Our January Hours

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

Tuesday.....5:30 am - 7:00 pm

Wednesday..5:30 am - 7:00 pm

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

Friday.....5:30 am - 7:00 pm

Saturday.....7:00 am - 1:00 pm

~ Please see our website for pool hours ~

www.joinccbba.org

603-448-6477