

Mission Statement

The mission of Yates Cultural & Recreational Resources, Inc. (YCRR), a not-for-profit community organization, is to enhance the physical and mental well-being of Yates County residents by promoting and providing cultural, recreational, athletic, and educational opportunities.

Fitness Center (FC)

467 N. Main St. OPEN 24/7

Front Desk Hours: Mon-Thurs: 9am—7pm; Fri-Sat: 9am—1pm

Front Desk closed Holidays & Holiday weekends

Fitness Classes @ 463 N. Main, Former FC – Red Brick Bldg.

Memberships \$25/mo

Reduced rates for Couples, Families, & extended memberships

Free Memberships in exchange for Volunteering

Education & Training



Work & Life Skills Training Program
 In Partnership with Yates Workforce Development

**Community Programs offered through
 Work & Life Skills Training Program on back**

2018 Classes

Everyday Yoga with Sarah

Monday: 9:00 —10:15 am Wednesday: 5:00— 6:15 pm

Saturday: 9:00—10:15 am

Sign up anytime — Pay by check, cash or credit card

Rates:

New Student Special (4 classes) = \$25 (expires in 30 days)

5 Class Card = \$70 (expires in 90 days)

10 Class Card = \$100 (expires in 90 days)

Drop-in rate = \$15 per class

No class on 3/12, 3/14, 4/2 & 4/4

Lose & Win

Weight Loss/Nutrition Program for a healthier YOU!

10-15 minute Individual Weekly Meetings by Appointment with Weigh-ins and Handouts.

4 meetings—\$25 members, \$35 non-members

- Apr 10, 17, 24, & May 1

Call Pam 315-694-1071 for additional information & details

Pilates Sign up and pay Instructor at the Class

A method of controlled movements to build core strength and endurance for the entire body, all fitness levels.

Tuesdays: 5:30—6:30 pm with Dawn

Wednesdays: 9-10 am with Georgann

4-Class Card: \$28/Members \$40/Non-member

Kettlebell Fusion

Jodi Manahan - Kettlebell AMPD Instructor
 Kettlebell & Resistance band strength training

Sundays @ 8:00 am. Starting April 15th

Bring to class: kettlebells, resistance band, yoga matt, water, & towel 45-50 minute class \$5 /Class Drop-Ins Welcome!

Community Fitness Trail - Enjoy a Nature Walk!

The **Orange** Trail, approximately one half mile, takes you through the wooded area and around the perimeter of the back field returning to the starting point, behind the Fitness Center. **Orange** Trail features both gentle and challenging hills. Midway you will see the **Green** Trail loop which takes you back to the start point and avoids the challenging hills. Trails now have Signage.



Personal Trainers:

Our Personal Trainers are the Best!

Please call for your Personal Training Sessions

Georgann Farrell 631-774-7949
georgannfarrell@gmail.com

Dawn Shipman 315-694-0045
mdshipmans@hotmail.com

Personal Fitness Training Rates:

\$30/hour \$20/half hour

Small Group Personal Training

2 People @ \$15 each

3 people @ \$10 each

4 people @ \$8 each

New Members !!

You can sign up at the front desk for a **Free** 15 minute Equipment Introduction. Learn how to correctly use the Exercise Machines from one of our Personal Trainers.

