



FITNESS CENTER COMMUNITY PROGRAMS TRAILS ATHLETIC FIELDS

Yates Community Fitness Center

467 North Main Street

Penn Yan, NY 14527

315-694-1071

www.yatescommunitycenter.org

Please see website for registration forms & details

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

Fitness Classes

Lose & Win: Whole 30 Challenge "Shape up for the Holidays!!"

October 18 to November 16, 2017

Weight Loss and Nutrition Program for a healthier YOU!

Pre-Registration required: Call Pam 315-694-1071

Everyday Yoga with Sarah Fall Sessions — 8 Weeks each

Sept 5, 2017 through October 26, 2017

Oct 30, 2017 through Dec 22, 2017 (No classes Nov 22-23)

Monday: 9:00 —10:15 am, Basic

Wednesday: 6:00— 7:15 pm, Level 1&2

Thursday: 6:00—7:15 pm, All levels

Rates:

1 Class/week 8 weeks = \$96

2 Class/week 8 weeks = \$148

Unlimited classes = \$156

Drop-in rate = \$15 per class

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

Yoga Basics—This class empowers each student to engage the practice of yoga your own level. Classes are therapeutic and upbeat, time is spent breaking down fundamental poses, and props and modifications are offered.

Level I—A class for students who know their abilities and can modify poses to meet them. This class balances strength and flexibility through a combination of alignment and philosophy; introduces pranayama (breathing practice), inversions and some intermediate postures.

Pilates

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

All fitness levels welcome.

Pre-Registration requested. **Continuous Classes.**

Wednesdays 9-10 am

\$5/Members \$7/Non-members



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.

Nick Bell 315-719-3502

Nbell4@brockport.edu

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

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.

Education & Training



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

Most classes offered at the Yates Community Center
Red Brick Bldg. 463 N. Main St, Penn Yan

Customer Service Certification

(GSG):

Oct. thru Dec. classes available

Team Building 1:

Oct 30, 5:30 pm—8:30 pm

Manager's Academy:

Oct. thru Dec. classes available

Lose & Win: "Shape Up"

Whole 30 Challenge

Begins Oct 18, 2017 through

Nov. 16, 2017

More Lose & Win Challenges coming in January 2018

Support Group with Finger Lakes

Parent Network:

2nd & 4th Tuesdays monthly

5:00 pm Call 315-412-3826

National Guard Disaster

Preparedness:

Mon. Nov. 6, 2017

5:30 pm-7:00 pm (FREE)

Sgt. Ramos 518-390-1275

With severe weather events becoming more frequent and more extreme, it is more important than ever that New Yorkers are prepared for disasters. **The NY Citizen Preparedness Training Program** teaches residents to have the tools and resources to prepare for any type of disaster, respond accordingly and recover as quickly as possible to pre-disaster conditions. The training course will provide an introduction to responding to a natural or man-made disaster. Participants will be advised on how to properly prepare for any disaster, including developing a family emergency plan and stocking up on emergency supplies.

For Information: Contact Pam Worth (Griffith)

Pamworth@yatescommunitycenter.org or 315-694-1071

Go to www.yatescommunitycenter.org for information and additional classes

Work & Life Skills Training/Education classes are subsidized & supported by the W.G. McGowan Charitable Fund, Nord Family Foundation and Gordon Trust Fund

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.

