



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

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

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

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

Pilates

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

Sign up and pay Instructor at the Class

Kettlebell AMPD Fusion

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

Sundays @ 8:00 am. Starting April 15th

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

No class June 17

Lose & Win

Tuesdays Spring/Summer—call Pam to sign up: 315-694-1071

A Weight Loss/Nutrition Program for a healthier YOU!

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

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

Bone Builders

Classes offered by the Yates Office for the Aging
 At the Yates Community Center—Front Red Brick Building

Starting June 6 through August 22, 2018

Wednesdays 1-2 pm

Call Pam Strong 315-536-5515 to register & additional information

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.



Coming Soon! ∞ Hope Walk

At the Yates Community Center

Saturday, August 25, 2018 - 3 pm to 11 pm

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.

