

**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.*

**2018 Fall Classes**

***Lose & Win***

A Weight Loss/Nutrition Program for a healthier YOU!

**Call to sign up: 315-694-1071**

Fall Sessions: Tuesdays

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

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

***Pilates***

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

***Sign up and pay Instructor at the Class***

Tuesdays: 5:30—6:30 pm with Dawn

Wednesdays: 9-10 am with Georgann

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

***Everyday Yoga with Sarah***

Monday: 9:00 —10:15 am    Wednesday: 5:30– 6:45 pm

*Fall Session: Begins Sept 5*

***Sign up and pay Instructor at the Class***

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

5 Class Card = \$60 (expires 90 days)

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



***Kettlebell AMPD Fusion***

Jodi Manahan - Kettlebell AMPD Instructor

Kettlebell & Resistance band strength training

Monday 5:30 pm Oct 1, 8, 22, & 29

***Sign up and pay Instructor at the Class***

Bring: kettlebells, resistance band, yoga matt, water, & towel

45-50 minute class \$5 /Class Drop-Ins Welcome!

Weekly Fitness Classes at a Glance

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
9am Yoga 5:30 Kettlebell	5pm Pilates	9am Pilates 5:30 Yoga		



***New Youth Programs Coming Soon !!***

Fun Youth & Family Classes

Food & Nutrition   Babysitting Course and more!

***Eat Better Move More***

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

August 22 — October 31

Wednesdays 10:30 am—Noon

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

***Community Fitness Trail - Enjoy a Nature Walk!***

The mile long Trail takes you through the wooded area and around the perimeter of the back field returning to the starting point behind the Fitness Center. Map available at Front desk.

***New Classes - New Fitness Center Room***

***Coming Soon !!***

Balance — Flexibility — Strength

Kick Boxing

Strength Training

Silver Sneakers & Silver & Fit

***Personal Trainers:***

*Personal & Group rates available. Please call for Personal Training Sessions:*

Georgann Farrell 631-774-7949

[georgannfarrell@gmail.com](mailto:georgannfarrell@gmail.com)

Dawn Shipman 315-694-0045

[mdshipmans@hotmail.com](mailto:mdshipmans@hotmail.com)

***New Members !!***

You can sign up at the front desk for a **Free** 15 minute Equipment Introduction on how to correctly use the Exercise Machines.

