

be fit.

be well.



Cazenovia College Dept. of Fitness & Wellness

Winter/Spring 2018 Community Programs

Fitness & Wellness Staff

Bill Houser

Director of Fitness & Wellness

315-655-7311

wjhouser@cazenovia.edu

Alena Anthony, CSCS

Fitness Assistant

Strength & Conditioning Coach

315-655-7327

amanthony@cazenovia.edu

Fitness Center Desk 315-655-7223

Registration Procedure

Welcome to the Cazenovia College Fall season of fitness and wellness community programs! As you register for programs, please be reminded that the parking lot is used by our students, faculty and staff, and the availability of space is limited. For your convenience, we have added email registration.

1. Phone: Call the phone number listed, Mon-Fri 9 a.m.- 4 p.m. to confirm an opening and add your name to the roster. Online: Email class choice, (include day and time), to fitnessandwellness@cazenovia.edu.

2. Once you are on the roster, complete the registration and waiver form and mail it with payment (check payable to Cazenovia College) to Cazenovia College Fitness & Wellness Dept., 22 Sullivan Street, Cazenovia, NY 13035.

3. Payments must be received within five days to reserve your spot in the class and received prior to the first class. Refunds are issued only if a class is cancelled due to under-enrollment. Credit for classes missed due to injury or extended illness will be considered only when a written explanation has been submitted within three consecutively missed classes

Please do not mail payment until verifying class opening.

Lap & Open Swim

Swim information can be found on our Cazenovia College Fitness Facebook Page <https://www.facebook.com/wildcatworkdown> (Look for the Be Fit Be Well Logo). Hours will be posted each week, or you can call the Fitness Center Front Desk at 315-655-7223 for information.

	Lap/Open Swim			
Fee:	\$5	1 ticket	\$50	10 tickets
	\$95	20 tickets	\$225	50 tickets

*Swim tickets may be purchased in the Fitness Center before going into the pool. After purchasing your swim ticket, enter the pool through the locker rooms, sign in on the pool deck and turn in your ticket.

NEW FITNESS CENTER MEMBERS

Sign up before
January 1st
and receive....

**2 FREE
PERSONAL
TRAINING
SESSIONS**

Parent & Child Swim

To register call 315-655-7327

Ages: 9 months - 4 years

Fee: \$50

Day/Time: Saturday 9 months to 2 years - 10 - 10:25 a.m. 2 to 4 years - 10:30 - 10:55 a.m.

Dates: Feb. 17- April 28 (8 weeks) (no class on 3/10, 3/17, 3/31)

Parent must accompany child in the water. Games and songs played to help child feel comfortable.

Pre-K, Kindergarten Swim

To register call 315-655-7327

Ages: 4 - 6 years

Fee: \$50

Day/Time: Saturday 11 - 11:25 a.m.

Dates: Feb. 17- April 28 (8 weeks) (no class on 3/10, 3/17, 3/31)

Parent must remain on the pool deck during the class. Children age 4 must have completed the Parent & Child Swim before moving to the Pre-K program. Includes fundamental arm, leg and locomotor skills.

Youth Learn to Swim - Levels I-V

To register call 315-655-7327

Ages: 5 years and older

Fee: \$50

Day/Time: Saturday Level I: 11:30 - 11:55 a.m., Level II: 12 - 12:25 p.m., Level III: 12:30 - 12:55 p.m.
Level IV 1 - 1:25 p.m., Level V 1:30 - 1:55 p.m.

Dates: Feb. 17- April 28 (8 weeks) (no class on 3/10, 3/17, 3/31)

Parents are not permitted in the pool area during the program. Participants are tested at the beginning of their first class to verify they are in the appropriate swim level.

Senior Water Aerobics

To register call 315-655-7327

Ages: Adult

Fee: \$92 for 23 classes or \$5/class

Day/Time: Monday, Wednesday, Friday 9:30 - 10:30 a.m.

Dates: Session I: Nov. 13-Jan 12 (no class on 11/22, 11/24, 12/25, 1/1)
Session II: Jan 17-Mar 9 Session III: Mar 12-May 2

Low impact, low intensity; shallow and deep water fitness class using buoyancy belts.

Aqua Fitness

To register call 315-655-7327

Ages: Teen/Adult

Fee: \$85/session or \$8/class

Instructor: Pam Borsellino

Day/Time: Tuesday, Thursday 8-8:50 a.m.

Dates: Session I: Jan 30-Mar 8 (6 weeks) Session II: Mar 20- Apr 26 (6 weeks)

A full body workout combining high and low intensity interval movements in deep and shallow water.

Yoga for Strength & Flexibility

To register call 315-655-7327

Ages: Teen/Adult

Fee: \$60/session or \$12/class

Instructor: Dara Harper

Day/Time: Wednesday 4:30 - 5:45 p.m. & 6:15 - 7:30 p.m.

Dates: Session I: Jan 31-Mar 7 (6 weeks) Session II: Mar 21- Apr 25 (6 weeks)

A dynamic, alignment-based class, which will allow you to build strength, find more flexibility and tap into your calm. Each class is tailored to the students' needs and is taught by a highly skilled and caring instructor.

Pilates Mat

To register call 315-655-7327

Ages: Adult

Fee: \$85- 2 classes/week, \$42.50 - 1 class/week, \$8/class

Instructor: Pam Borsellino

Day/Time: Tuesday, Thursday 9-10 a.m.

Dates: Session I: Jan 30-Mar 8 (6 weeks) Session II: Mar 20- Apr 26 (6 weeks)

Pilates is a program designed to increase flexibility and build strength, core stability, precision and control.

Kettlebell AMPD®

To register call 315-655-7327

Ages: Adult

Fee: \$85 - 2 classes/week, \$42.50 - 1 class/week, \$8/class

Instructor: Courtney Wagner

Day/Time: Monday, Thursday 5:30-6:30 p.m.,

Dates: Session I: Jan 29 -Mar 7 (6 weeks) Session II: Mar 19- Apr 25 (6 weeks)

Kettlebell AMPD® is whole-body workout that emphasizes group fitness and focuses on specific areas such as arms, legs, core, and cardio.

Bootcamp

To register call 315-655-7327

Ages: Teen/Adult

Fee: \$125/session or \$10/class

Instructor: Alena Anthony

Day/Time: Monday, Wednesday, Friday 8-8:45 a.m.

Dates: Session I: Jan 29 -Mar 9 (6 weeks) Session II: Mar 19- Apr 27 (6 weeks)

A high intensity combination of agility, plyometric, and strength training movements.

No Holds Barred

To register call 315-655-7327

Ages: Teen/Adult

Fee: \$85/session or \$8/class

Instructor: Emily Flynn

Day/Time: Wednesday, Friday 7-8 a.m.

Dates: Session I: Jan 29 -Mar 9 (6 weeks) Session II: Mar 19- Apr 27 (6 weeks)

A combination of isometric movements stemming from traditional ballet foundations, incorporating aspects of strength and stability to provide full body toning.

TRX Intervals

To register call 315-655-7327

Ages: Teen/Adult

Fee: \$125/session or \$10/class

Instructor: Alena Anthony

Day/Time: Monday, Wednesday, Friday 12:30-1:15 p.m.

Dates: Session I: Jan 29 -Mar 9 (6 weeks) Session II: Mar 19- Apr 27 (6 weeks)

A combination stability movements using suspension straps and high intensity plyometric movements.

Zumba®

To register call 315-655-7327

Ages: Teen/Adult

Fee: \$85/session or \$8/class

Instructor: Alice Hammond

Day/Time: Monday 6:30-7:30 p.m. Wednesday 7:30-8:30 p.m.

Dates: Session I: Jan 29 -Mar 7 (6 weeks) Session II: Mar 19- Apr 25 (6 weeks)

We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise. Super effective? Check. Super fun? Check and check.

Hip Hop Intensive

To register call 315-655-7327

Ages: Teen/Adult

Fee: \$85/session or \$8/class

Instructor: Da'Kwon Jones

Day/Time: Tuesday/Thursday 7-8 p.m.

Dates: Session I: Jan 30 -Mar 8 (6 weeks) Session II: Mar 20- Apr 26 (6 weeks)

A moderate to high intensity class encompassing modern hip hop dance movements for a full body workout.

Red Cross Lifeguard and WSI Classes

Ages: Lifeguarding: 15 and over, WSI: 16 and over Fee: \$300 (\$335 with manual)

Lifeguarding and WSI: Feb 19-24 or April 23-27

Time: 9 a.m. – 4 p.m.

Swim proficiency test required prior to starting lifeguarding class.

Call 315-655-7311 for details/ test scheduling.

Personal Training Packages

Work one-on-one with a trainer to accomplish your fitness goals, at your own pace!

Ages: Adult

1 Session (1 Hour): \$40.00

5 Sessions: \$175.00

10 Sessions: \$300.00

FITNESS CENTER



Dates: January 3rd – May 31st

Community Hours:

Monday-Friday 6:30 a.m. – **2:00 p.m.***

Monday-Thursday 5:30 – 10:00 p.m.*

Friday 5:30 – 8 p.m.*

Saturday 9:00 a.m. – 4:00 p.m.

Sunday 12:00 – 4:00 p.m.

*Expanded Hours – This will be on a trial basis for the
2018 Spring Semester

Please Note: Saturday/Sunday hours (subject to change)
are in effect only when Cazenovia College academic
classes are in session.

CLOSED: March 10-11 & 17-18, April 1, May 19-20 & 26-28

Community Pricing:

\$175 – Spring Semester Fitness Center Membership

\$250 – Spring Semester Fitness Center and Pool Membership

\$8 – Day Pass

Fitness Center is open for public use during **community hours only**.

Participants must be over the age of 16.

Please plan your time so that your workout will be completed by 2:00 p.m. on weekdays.

be fit.

be well.



Cazenovia College Dept. of Fitness & Wellness

Check us out on Facebook!

<https://www.facebook.com/wildcatworkdown?fref=nf>

(Look for our Be Fit, Be Well Logo!)