

be fit.

be well.



Cazenovia College Dept. of Fitness & Wellness

Summer 2018

Fitness & Aquatic Summer Program Schedule

Monday - Friday, 6:30 a.m. - 2 p.m.
June 1st -August 31st

Register by phone 655-7327 or by e-mail
fitnessandwellness@cazenovia.edu.

Staff

Bill Houser

Director of Fitness & Wellness
655-7311 or wjhouser@cazenovia.edu

Alena Anthony, CSCS

Fitness Assistant /Strength & Conditioning Coach
655-7327 or amanthony@cazenovia.edu

Fitness Center Community Summer Hours

Ages: Adult (over the age of 16)
Day/Time: Mon-Fri, 6:30 a.m.-2 p.m. Closed Sat &
Sun Dates: June 1-August 31 Fee: \$105

Join the Fitness Center and add a 10 class pass to attend group exercises classes of your choice for only \$50!

Call 655-7311 to schedule an orientation.

Lap and Open Swim

Fee:
\$5 for 1 swim ticket
\$50 for 10 swim tickets
\$95 for 20 swim tickets
\$225 for 50 swim tickets

Please visit our Fitness Center Facebook page at <https://www.facebook.com/wildcatworkdown> or e-mail fitnessandwellness@cazenovia.edu for schedule.

Please note that according to the Cazenovia College Safety Plan filed with the Madison County Health Department, the pool will close during thunder or lightning and remain closed for 30 minutes after storm has passed.

Personal Training

Ages: 16 & up

Pricing:
1 Session: \$40
5 Sessions: \$175
10 Sessions: \$300

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

Senior Water Aerobics

Ages: Adult

Day/Time: Mon, Wed, & Fri, 12:15-1:15 p.m.

Dates: June 4th -July 27th (23 classes, no class 7/4)

Fee: \$92/session or \$5 per class.

Water Aerobics is a low-impact, low-intensity, shallow- and deep-water fitness class, using buoyancy belts.

Red Cross Classes

Lifeguard Review - \$150

CPR/AED Challenge Course - \$75

At the time of this printing, dates and times had not been established. Please call 633-7311 for more details.

Zumba®

Ages: Adult

Day/Time: Mon & Wed 9:00 - 10:00 a.m.

Dates: June 4th -July 16th (6 weeks)

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

Zumba® is a mixture of low and high intensity moves for an interval-style, calorie burning dance fitness party.

Pilates Mat

Ages: Teen/Adult

Day/Time: Tues & Thurs, 9:00-10:00 a.m.

Dates: June 5th-July 12th (6 weeks)

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

Designed to increase flexibility, strength and core stability focusing on precision, control and flow.

TRX Intervals

Ages: Teen/Adult

Day/Time: Mon & Wed 11:00 a.m.-12:00 p.m.

Dates: June 4th -July 16th (6 Weeks)

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

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

Bootcamp

Ages: Teen/Adult

Day/Time: Mon & Wed 8:00 -9:00 a.m.

Dates: June 4th -July 16th (6 Weeks)

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

Bootcamp is a high-intensity combination of agility, plyometric and strength training movements

Bone & Balance Yoga

Ages: Teen/Adult

Day/Time: Mon & Wed 10:15-11:15 a.m.

Dates: June 4th -July 16th (6 Weeks)

Fee: \$120/session or \$12/class

Bone & Balance is a low- to moderate intensity yoga class for active older adults.

Teen Strength Training

Ages: 16 & up

Day/Time: Mon, Wed & Fri 10:00-11:00 a.m.

Dates: July 16th-August 10th

Fee: \$120 (3 classes/week for 4 weeks)

Work with a strength & conditioning coach to prepare you for athletic competition!

Have a great Summer!!!!

