

be fit.

be well.



Cazenovia College Dept. of Fitness & Wellness

Winter/Spring 2019 Community Programs

Fitness & Wellness Staff

Registration Procedure

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Welcome to the Cazenovia College spring 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 online registration.

1. Phone: Call the phone number listed, Monday - Friday 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.onmicrosoft.com.
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 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.

Sign up before
January 1st
& receive...

**2 FREE
PERSONAL
TRAINING
SESSIONS!**

Parent & Child Swim

To register call 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: February 23 - May 4 (8 weeks) (no class on 3/16, 3/23, 4/20)

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

Pre-K, Kindergarten Swim

To register call 655-7327

Ages: 4 - 6 years Fee: \$50

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

Dates: February 23 - May 4 (8 weeks) (no class on 3/16, 3/23, 4/20)

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 655-7327

Ages: 5 years & up 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: February 23 - May 4 (8 weeks) (no class on 3/16, 3/23, 4/20)

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 655-7327

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

Day/Time: Monday, Wednesday, Friday 8:45 - 9:45 a.m.

Dates: **Session I:** January 2 - February 25 (no class 2/15)

Session II: February 27 - April 19

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

Aqua Fitness

To register call 655-7327

Ages: Teen/Adult Fee: \$85/session or \$8/class

Instructor: Pam Borsellino

Day/Time: Tuesday, Thursday 8 - 9 a.m.

Dates: **Session I:** Tuesday, Jan 15 - Thursday, Feb 21 (6 weeks)

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

Pilates Mat

To register call 655-7327

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

Instructor: Pam Borsellino

Day/Time: Monday, Wednesday 8:30- 9:30 a.m.

Dates: **Session I:** Tuesday, January 14 - Thursday, February 21 (6 weeks)

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

Restorative Yoga

To register call 655-7327

Ages: Teen/Adult Fee: \$120 - 2 classes/week, \$60 - 1 class/week, or \$12/class

Instructor: Ariel Desalvo

Day/Time: Wednesday, Friday 4 - 5 p.m.

Dates: **Session I:** Wednesday, January 30 - Friday, March 8 (6 weeks)

Session II: Wednesday, March 27 - Friday, May 3 (6 weeks)

A restorative multi-level class that will allow your body to achieve a deeper level of relaxation through passive stretching and gentle poses.

Kettlebell AMPD®

To register call 655-7327

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

Instructor: Courtney Wagner

Day/Time: Tuesday, Thursday 5:40 - 6:40 p.m.

Dates: **Session I:** Tuesday, Jan 29 - Thursday, Mar 7 (6 weeks)

Session II: Tuesday, Mar 26 - Thursday, May 2 (6 weeks)

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

Morning Vinyasa Flow Yoga

To register call 655-7327

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

Instructor: Kelsey Leggett

Day/Time: Tuesday, Thursday 6:45 - 7:45 a.m.

Dates: **Session I:** Tuesday, Jan 29 - Thursday, Mar 7 (6 weeks)

Session II: Tuesday, Mar 26 - Thursday, May 2 (6 weeks)

A multi-level yoga fundamentals class that moves through dynamic vinyasa sequencing and modifications.

No Holds Barred

To register call 655-7327

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

Instructor: Emily Flynn

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

Dates: **Session I:** Tuesday, January 29 - Thursday, March 7 (6 weeks)

Session II: Tuesday, March 26 - Thursday, May 2 (6 weeks)

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

Ultimate Abs

To register call 655-7327

Ages: Teen/Adult Fee: \$60/ session or \$5/class

Instructor: Kelsey Leggett

Day/Time: Monday, Wednesday 11:30 a.m. - 12:00 p.m.

Dates: **Session I:** Monday, January 28 - Wednesday, March 6 (6 weeks)

Session II: Wednesday, March 27 - Monday, May 6 (6 weeks)

30-minutes of total core engagement. Work your abdominals, obliques and lower back in this strengthening class!

Mobility & Strength

Ages: Teen/Adult Fee: \$70/ session or \$6/class

Instructor: Kelsey Leggett

Day/Time: Monday, Wednesday 12:15-1:00 p.m.

Dates: **Session I:** Monday, Jan 29 - Wednesday, Mar 6 (6 weeks)

Session II: Wednesday, March 27 - Monday, May 6 (6 weeks)

This 45- minute lunch-hour class is low- impact and designed for all fitness levels. Class begins with a dynamic warmup and movements to improve mobility, then gradually incorporates body-weight strength training to activate and strengthen those common weak areas of the body.

Zumba®

To register call 655-7327

Ages: Teen/Adult Fee: \$85/session or \$8/class

Instructor: Alice Hammond

Day/Time: Monday 4:30-5:30 p.m., Thursday 4:30-5:30 p.m.

Dates: **Session I:** Monday, January 28 - Thursday, Mar 7 (6 weeks)

Session II: Monday, March 25 - Thursday, May 9 (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.

Boot Camp

To register call 655-7327

Ages: Teen/Adult Fee: \$42.50/ session or \$8/class

Instructor: Courtney Wagner

Day/Time: Wednesday 5:15-6:00 p.m.

Dates: **Session I:** Wednesday, January 30 - Wednesday, March 6 (6 weeks)

Session II: Wednesday, March 27 - Wednesday, May 1 (6 weeks)

45 seconds of work, 15 seconds of rest, switch station and repeat!

Red Cross Lifeguard

Ages: Lifeguarding: 15 and over

Fee: \$300 (\$335 with manual)

Lifeguarding: February 18 - 22, 9 a.m. - 4 p.m.

April 15 - 19, 9 a.m.- 4 p.m.

Swim proficiency test required prior to starting lifeguarding class.

Call 655-7311 for details/ test scheduling.

Personal Training Packages

Ages: Adult

1 Session (1 Hour): \$40.00

5 Sessions: \$175.00

10 Sessions: \$300.00

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

FITNESS CENTER



Dates: January 2nd - May 31st

Community Hours:

Monday - Thursday 6:30 a.m. - 2:00 p.m. & 5:30 - 10:00 p.m.

Friday 6:30 a.m. - 2:00 p.m. & 5:30 - 8:00 p.m.

*Saturday 9:00 a.m. - 4:00 p.m.

*Sunday 12:00 - 4:00 p.m.

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

CLOSED: March 16 - 17 & 23 - 24, April 21, May 18 - 19

Community Pricing:

\$175 - Spring Semester Fitness Center Membership

\$250 - Fall Semester Fitness Center and Pool Membership

\$8 - Day Pass

\$45 - 8 Day Pass Booklet

Fitness Center is open for public use during **community hours only**.
Participants must be over the age of 16.

Check us out on Facebook and Instagram!

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

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

Instagram: @cazenoviacollegefitness