

be fit.

be well.



Cazenovia College Dept. of Fitness & Wellness

Fall 2018 Community Programs

Fitness & Wellness Staff

Bill Houser

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Recreation**

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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. – 1 p.m. to confirm an opening and add your name to the roster. Email: Send an email with your class choice(s), (include day and time), to wjhouser@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. All payments must be 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.



Parent & Child Swim

To register call 315-655-7311

Ages: 9 months – 4 years Fee: \$50

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

Dates: Sept. 8 – Oct. 27 (8 weeks)

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

Pre-K, Kindergarten Swim

To register call 315-655-7311

Ages: 4 – 6 years Fee: \$50

Day/Time: Saturday, 11 a.m. – 11:25 a.m.

Dates: Sept. 8 – Oct. 27 (8 weeks)

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

Youth Learn to Swim - Levels I-V

To register call 315-655-7311

Ages: 5 years and older Fee: \$50

Day/Time: Saturday, Level I: 11:30 a.m. – 11:55 a.m., Level II: 12 p.m. – 12:25 p.m.,

Level III: 12:30 p.m. – 12:55 p.m., Level IV 1 p.m. – 1:25 p.m., Level V 1:30 p.m. – 1:55 p.m.

Dates: Sept. 8 – Oct. 27 (8 weeks)

Note: Parents are not permitted in the pool area during this 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 315-655-7311

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

Day/Time: Monday, Wednesday, Friday, 10:30 a.m. – 11:30 a.m.

Dates: Session I: August 27 – October 17 Session II: October 19 – December 12 (no class 11/23)

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

Aqua Fitness

To register call 315-655-7311

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

Instructor: Pam Borsellino

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

Dates: Sept. 4 – Oct. 11 (6 weeks)

A combination of high and low intensity movements completed in both deep and shallow water to provide an interval style full body workout.

Yoga for Strength & Flexibility

To register call 315-655-7311

Ages: Teen/Adult

Fee: TBD

Instructor: TBD

Day/Time: TBD

Dates: Session I: TBD Session II: TBD

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 315-655-7311

Ages: Adult

Fee: \$85- 2 classes/week, \$43 – 1 class/week, \$8/class

Instructor: Pam Borsellino

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

Dates: Sept. 3 – Oct. 10 (6 weeks)

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

Kettlebell AMPD[®]

To register call 315-655-7311

Ages: Adult

Fee: \$85 - 2 classes/week, \$43 – 1 class/week, \$8/class

Instructor: Courtney Wagner

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

Dates: Session I: Sept. 4 – Oct. 11 (6 weeks) Session II: Oct. 16 – Nov. 27 (6 weeks) (No class 11/22)

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

No Holds Barred

To register call 315-655-7311

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

Instructor: Emily Flynn

Day/Time: Tuesday, Thursday, 6 p.m. – 7 p.m.

Dates: Session I: Sept. 4 – Oct. 11 (6 weeks) Session II: Oct. 16 – Nov. 27 (6 weeks) (No class 11/22)

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

Ages: Teen/Adult

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

Instructor: Alice Hammond

Day/Time: Monday, Wednesday, 6:30 p.m. – 7:30 p.m.

Dates: Session I: Sept. 3 – Oct. 10 (6 weeks) Session II: Oct. 15 – Nov. 21 (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.

FITNESS CENTER



Dates: September 1st- December 31st

Community Hours:

Monday – Friday 6:30 a.m. – 12 p.m.

Monday – Thursday 5:30 p.m. – 10 p.m.

Friday 5:30 p.m. – 8 p.m.

*Saturday 9 a.m. – 4 p.m.

*Sunday 12 p.m. – 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: October 6th & 7th, November 22nd – 25th,
December 25th, 26th & 31st*

Community Pricing:

\$140-Fall Semester Fitness Center Membership

\$200-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.

Please plan your time so that your workout will be completed by noon on week days.