

100-7th Ave. No.
South St. Paul, MN
www.southstpaul.org

Central Square Community Center

651-366-6200

Membership Newsletter

Summer 2016

Membership Privileges

Central Square Community Center Upgrade for 2016

Welcome to new members and a big thank you to continuing members of Central Square Community Center! We realize you have more choices these days to join a fitness facility and appreciate you choosing to spend your fitness time with us. We remain a publicly-supported fitness facility operated through a partnership between the City of South St. Paul and Special School District 6. If at any time we can make your experience here more enjoyable, please do not hesitate to ask.

Our commitment remains to provide a facility that is friendly, clean, and comfortable to all who enter. Because of that commitment we have some exciting projects to announce for 2016

Family Locker Room Addition: We are pleased to inform you that our Family Locker Room construction has been completed. There is a new private shower area with a lockable door available to all users. This area is compliant with Americans with Disabilities standards and available to all members regardless of age or ability. Thank you for being patient during the construction time. Please stop down to the lower level and take a look at the finished project. Our thanks to the Central Square board for recommending and supporting the project.



CSCC Annual Maintenance and Cleaning Schedule

Thursday, August 4th and 5th, Central Square Community Center will close its doors for our annual maintenance conducted by school district maintenance personnel. We realize this closure is an inconvenience and appreciate member's understanding during this annual closure for staff to perform improvements and maintenance to the facility. During this annual closure carpets are cleaned, walls painted, fixtures are dusted and cleaned, mechanical systems are maintained and the indoor pool is scrubbed and inspected. A fresh and clean facility for our members is a continuing commitment. We appreciate your patience and support.

*Notice: Our hours will change starting September 6th, 2016.
Monday-Friday 5:00 a.m.-10:00 p.m. Saturday and Sunday 7:00 a.m.-7:00 p.m.*

Central Square Community Center Offers Karate



Karate Classes Grades 3-6

Beginners will learn simple skills and effective techniques including kicking, punching, throwing and falling. Advanced students will continue to improve on skills taught throughout this class.

Cost: Member \$35 Non-member \$45

When: Thursdays, 6:30-8:00 p.m.

Session 1:

September 1st - October 20th

Session 2:

November 3rd - December 29th
(no class November 24th)

Meet Our New Fitness Instructors

Sara Betru has been a licensed Zumba® Instructor for four years and has taught at numerous gyms and fitness studios all over the Twin Cities. Before becoming an instructor, she grew up as a trained dancer in ballet, tap, jazz and hip-hop and performed with professional athletic dance teams in her younger years. Today, you can occasionally find her tearing up the dance floor at various Salsa clubs in her spare time. "Fitness is what you are willing to put into it, so why not make it fun and exciting?" Sara's Zumba® classes are held Tuesdays from 4:30-5:30 p.m. and Thursdays from 6:30-7:30 p.m.



Allison Ryks recently graduated from Luther College with a B.A. in Exercise Physiology. She has experience teaching a variety of group fitness classes and is excited to expand her knowledge working with the wonderful members and instructors at Central Square. She holds a group fitness instructor, indoor cycling instructor, and 200 hour yoga instructor certification. When not in the gym or teaching classes Allison enjoys going on walks with her daughter Hattie and spending time with her family. She teaches our Aqua Intervals class on Wednesdays from 6:00-7:00 p.m. and Sundays from 11:00 a.m.-noon.

Outdoor Shoes Make For a Dirty Fitness Room

Please make it a habit to change into your workout shoes after you arrive in the building. Dirty, wet, and sandy footwear harms our equipment and soils the fitness room for all users. **PLEASE do not wear your workout shoes to our facility!** Staff has been directed to warn those with dirty and wet shoes to stay off the equipment. Save yourself the embarrassment and carry your shoes here for the benefit of all members. Thank you for your cooperation. We now have dedicated daytime cleaning of the Fitness Room! Make Raphael's job easier by helping keep outside dirt outside.

Fun Fall Fitness Classes

Back by popular demand Central Square Community Center will be hosting an **Outdoor Bootcamp!** Our fitness instructors will encourage you every step of the way! You will love the variety incorporated in this bootcamp! Register in advance to guarantee your spot for this fast paced, calorie blasting cardio workout! Join us at 8:00-9:30 a.m. on Saturday, August 27th. Each class is \$15. A participant t-shirt is included in class fee.

CSCC will also host a **Yoga Challenge!** Saturday, October 22nd from 8:00-9:30 a.m. Take on a new challenge with this hour and a half workout. This is an intense class that incorporates balance work, strength development and stretching to improve range of motion. This challenge compliments your regular exercise routine while pushing your strength and flexibility.



Fitness Classes

Most fitness class sign-ups are taken on a per month basis and vary 4 to 5 weeks in length. Drop-in option available.
*Special fee structures are noted.

Per Month Fee: \$18 Member; \$26 Non-member
Drop In Fee: \$5.50 Member; \$8 Non-member

[Sign up for 2 classes a month and get \\$4.00 off each additional class.](#)

Fitness Coordinator: Terie Hanson

Fitness Classes All Levels

Zumba®

This class combines high energy and motivating music with unique moves and combinations.

Tuesdays 4:30-5:30 p.m.
Thursdays 6:30-7:30 p.m.

Barre Fusion

Barre Fusion is a class that combines elements of Pilates and ballet emphasizing precision and form. Barre Fusion starts with a variety of standing poses using a chair for balance and ends with mat work.

Wednesdays 4:30-5:30 p.m.
7:30-8:15 p.m.

Aqua Interval

Classes are high energy, low impact aqua fitness classes designed for all skill and fitness levels. This class is pure FUN as you are challenged with powerful, invigorating movements through the water.

Wednesdays 6:00-7:00 p.m.
Saturdays 8:15-9:15 a.m.
Sundays 11:00 a.m.-12:00 p.m.

Absolute Abs

Health and strength start with the core. We will help you build a more stable, powerful abdomen and lower back with a wide variety of moves.

Mondays 6:30-7:30 p.m.

Beginner/Intermediate

Beginner Kettlebell

This class is geared for beginners. Learn the fundamentals of kettlebell training. You will be led through basic moves that will result in improved balance, cardio endurance and muscle strengthening. **NO drop-ins.**

Saturdays 7:30-8:30 a.m.

Yoga Fitness

Gain strength, stamina and balance with this athletic style of yoga. Yoga Fitness is a non-purist, fitness style yoga class. Bring your body and mind together for peak performance.

Wednesdays 5:30-6:30 p.m.
Thursdays 8:30-9:30 a.m.
Saturdays 8:30-9:30 a.m.

Total Body Conditioning

Equipment used in class includes step, weights, tubing and chairs. Strengthen your body and get your heart rate going too!

Thursdays 5:15-6:15 a.m.
Fridays 5:30-6:30 p.m.

Pilates

This class provides the perfect method of body conditioning for strength and flexibility. Pilates targets the core muscles for the abdomen and back.

Tuesdays 8:30-9:30 a.m.
Tuesdays 5:30-6:30 p.m.

Intermediate/Advanced

R.I.P.P.E.D.®

The name says it all. Check out this new class that stands for Resistance, Interval, Power, Plyometrics, Endurance and Diet. It's a one stop body shock - just what you're looking for!

Thursdays 5:30-6:30 p.m.
Saturdays 9:30-10:30 a.m.

HIIT Boot Camp

This is a non-stop, powerhouse workout that is guaranteed to burn calories and get your heart pumping. HIIT will include cardio intervals using the step, BOSU, jump rope and floor drills.

Mondays 5:30-6:30 p.m.
Wednesdays 6:30-7:30 p.m.

Cardio Kickboxing

This is an interval based cardio kickboxing class that combines punches and kicks with other fun and effective moves to great music. Class alternates between lower impact moves utilizing the large muscle groups and higher energy, heart pumping moves.

Tuesdays 6:30-7:30 p.m.
Sundays 5:00-6:00 p.m.

Kettlebell

Quick, efficient and intense workout to build muscle and burn fat. Class will end with core work and stretching. **NO drop-ins.**

Sunday 4:00-5:00 p.m.

Kettlebell - TRX® Fusion

TRX® is a revolutionary method of leveraged body weight exercise. Safely perform many different exercises that build power strength, flexibility and balance while combining cardio drills and kettlebells. **NO drop-ins.**

Wednesdays 6:30-7:30 p.m.
Mondays (Beginners) 4:30-5:30 p.m.

TRX® Group Training

TRX® is a suspension training system that uses your own body weight to build power, strength, endurance and core strength, and flexibility. You will love the results! **NO drop-ins.**

Wednesdays 7:30-8:15 p.m.

Geared For Ages 55+

Many of our classes listed below are free to Silver and Fit® and Silver Sneakers® members. (Class days/times TBA)

Senior Circuit Yoga Stretch

Adult Water Exercise

Silver Sneakers® Classic

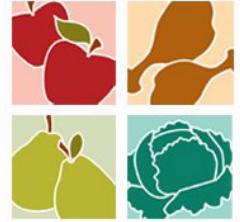


Fare For All Food Program

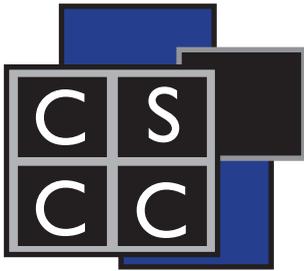
Fare For All Express is a program of the “The Food Group” that partners with several community organizations around the Twin Cities metro area. South St. Paul Central Square Community Center is a partner of this program. The program allows individuals to save up to 50% on your monthly groceries by purchasing “express packages” as listed below. No advance payment or pre-registration is needed to purchase packages.

**Fare For All Express will be held on the following Tuesdays:
August 2nd, September 6th, October 4th, November 1st and 29th
from 4:00-6:00 p.m. at the Central Square Community Center.**

Fare For All is open to everyone! There are no income-based requirements for participation. ***Participation in Fare For All Express does not affect your eligibility to receive assistance from the food-shelf.*** Bring your family, friends and neighbors along, they can't afford to miss these great savings! Fare For All Express packages contain a variety of healthy, fresh, quality food items, including fruits, vegetables, frozen meats and staple items. There is no limit to the number of packages that can be purchased each month.



FARE FOR ALL



**Central Square Community Center
100- 7th Avenue North
South St. Paul, MN 55075**

**PRESORTED
STANDARD
U.S. POSTAGE PAID
SO. ST. PAUL, MN
PERMIT NO. 115**

**TIME SENSITIVE MATERIAL
DELIVER BY August 1st, 2016**

Ready to mix up your workout? CSCC offers a *variety* of fitness classes. As a valued member, here is a special offer for you to try a class for free!

Choose on of our Zumba® classes or our R.I.P.P.E.D class.

Zumba® with Sara Betru
Tuesdays: 4:30-5:30 p.m.
Thursdays: 6:30-7:30 p.m.

R.I.P.P.E.D. with Rita Worm
Thursdays: 5:30-6:30 p.m.
Saturdays: 9:30-10:30 a.m.

COUPON EXPIRES OCTOBER 29TH, 2016. ONE COUPON PER PERSON, MEMBERS ONLY. NO CASH VALUE.