

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

Central Square Community Center

651-366-6200

Membership Newsletter

Spring/Summer 2017

Central Square Community Center Upgrades

In December, two dynamic digital display screens were installed to the two entry areas inside the east and west doors of the building. Each screen shows current facility information, announcements, and parks and recreation updates. **Did you Know?** If you have a public event, fundraiser or community announcement you would like to broadcast, we will consider creating a slide to add to the video displays for all visitors to see. For more information, stop by our front desk. Our goal is to keep all building visitors apprised of what activities are taking place within the building and any special announcements day to day.

In addition to the entry areas, in December all four HDTVs were replaced in the Fitness Room. In 2008 we replaced the original 2002 tube televisions in the fitness room with four new fancy flat screen HDTVs. At the time, the 47" models were \$1,000 each. Eight years later, these HDTVs which are powered on an average of 16 hours each day, seven days a week, started to have poor image quality and a ghosting black "smudge" on the right side of each screen. We upgraded the flat screens from 47" to 55" HDTV replacements at about 60% of the cost of the 2008 replacements. We hope you are enjoying the improved picture and video quality!

The Central Square Community Center (CSCC) is committed to meeting the needs of the community by providing an excellent facility combined with great services and programs all at affordable rates.

Meet our new Office Staff Member; Geno Mazzali



After the departure of our former Recreation Supervisor last December, our new Recreation Supervisor started at Central Square on February 21st. Geno Mazzali comes to us from the City of Cottage Grove where he was a Recreation Coordinator. Geno is a graduate of Park High School (Cottage Grove) and St. Cloud State majoring in Sports Management. His parks and recreation career has included positions with Anoka County Parks and the City of New Brighton Parks and Recreation Department. Geno has hit the ground running and will be coordinating city-wide aquatics, including the indoor pool here at Central Square, parks and recreation youth programs and special events, youth athletic leagues, and warming houses in the winter. We welcome Geno to our CSCC team!

Fun Spring/Summer 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! Fee includes a t-shirt.

Saturday, June 17th, July and August dates TBA 8:00-9:30 a.m.

Cost: Member \$12/Non-member \$15

We will also host a **Yoga Challenge!** This class incorporates balance work, strength development and stretching. This challenge compliments your regular exercise routine while pushing your strength and flexibility.

Saturday, April 29th 8:00-9:30 a.m.

Member \$12/Non-member \$15

Membership Privileges

Central Square Community Center Offers Gymnastics Lessons

Summer Session June 12th - August 1st

Mondays June 12th-July 31st (No classes July 3rd and 4th)
Tuesdays June 13th-August 1st (No classes July 3rd and 4th)
(*No Saturday classes available during the summer season)

Please note: Gymnastics Open Gym is not available during the summer season

Junior Packer Gymnastics Class Levels

Tiny Tots: (Age 3) and Tiny Tumblers: (Ages 4-5)

Designed to acquaint young children with the basic skills of gymnastics. Appropriate for children with little or no gymnastics experience. Class focus is to develop strength, coordination and self confidence. The 3 year old age group will focus on motor skills development.

Mondays 6:15-6:55 p.m.
Member \$42/Non-member \$52

Beginners I Gymnastics (Ages 6 & up)

Designed for boys and girls with little or no gymnastics experience. Includes exposure to apparatus as well as focus on skills, strength, coordination and flexibility.

Mondays 7:00-8:00 p.m.
Member \$47/Non-member \$57

Beginners II Gymnastics

Designed for students who have passed Beginners I Gymnastics or have prior gymnastics experience. Continuation of basic skills as well as development of strength, flexibility and coordination.

Tuesdays 6:15-7:15 p.m.
Member \$47/Non-member \$57

Intermediate I Gymnastics

Designed for students who have passed Beginners II Gymnastics or are familiar with the following skills: **Floor**-R & L cartwheel, handstand hold, back bend & stand up and front-over. **Beam**-forward roll, tuck jump and scale. **Bars**-pullover, cast back hip circle, swing with re-grasp. **Vault**-squat on. Class will continue to focus on skill development, muscle strength, flexibility and self confidence.

Tuesdays 6:15-7:15 p.m.
Member \$47/Non-member \$57

Intermediate II Gymnastics

Designed for students who have passed all levels of Beginners and Intermediate I Gymnastics, or who are able to PERFORM the skills listed above for Intermediate I Gymnastics. Class will focus on higher level gymnastics skills and will serve as preparation for advanced-level gymnastics. This is not an appropriate class for students who have not attended formal gymnastics classes.

Mondays 7:15-8:15 p.m.
Member \$47/Non-member \$57

Advanced Gymnastics

Designed for students who have PASSED all levels of Beginners and Intermediate Gymnastics, or who are able to PERFORM the following skills: **Floor**-front over, backbend-kick over, round-off dismount, all jumps/leaps. **Beam**-cartwheel on low beam, round-off dismount. **Bars**-pull-over connected to back hip circle, pop-up. Vault-handspring. Preparation for team level gymnastics.

Tuesdays 7:15-8:30 p.m.
Member \$72/Non-member \$82

Advanced Intensive

Designed for students who have PASSED all levels of Beginners, Intermediate and Advanced Gymnastics. It will be held twice a week and have a more focused approach on the fundamentals of gymnastics. The class is intended for gymnasts who want to learn the basics of competition style gymnastics. Classes will concentrate on tumbling and dance connections, routine requirements and essential gymnastic drills.

Tues. 7:15-8:30 p.m.
Member \$97/Non-member \$107



New Gymnastics Registration Process

Registration will begin with the online format starting at 8:00 a.m. until 5:00 p.m. for 50% of the class spaces. We will then open up in-person registration from 5:30-10:00 p.m. for the spaces remaining in each class. Please call our office at 651-366-6200 if you have any questions or need your household I.D. number.

Summer Session (June 12th-August 1st)

Registration begins:

Online: Tuesday, May 23rd from 8:00 a.m.-5:00 p.m.
In Person: Tuesday, May 23rd from 5:30-10:00 p.m.

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.

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.

Mondays 7:15-8:15 p.m.

Wednesdays 6:00-7:00 p.m.

Saturdays 8:15-9:15 a.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



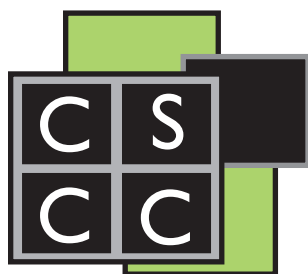
New Insurance Reimbursement Procedures

Did you know? We are using a new insurance reimbursement vendor. How does that affect you? All members utilizing health insurance reimbursement will be able to access their reimbursement information and visits at NIHCrewards.org. As with any change comes bugs that may need to be worked out. There have been some delays with reimbursements during the transition. If you have not received your reimbursements for 2017 please contact our front desk and we will coordinate your questions/concerns with our fitness coordinator Terie Hanson.

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, including Central Square Community Center. 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: April 25th, May 23rd, June 27th, July 25th and August 22nd from 4:00-6:00 p.m. at the Central Square Community Center.



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 April 19th, 2017**

Protect Your Valuables and Cameras/Electronics Restrictions

We would like to remind our patrons to not leave valuables in your car or unattended while using the CSCC facilities. We recommend that you bring a lock and secure your personal items in the locker rooms provided for your use. The Central Square Community Center is not responsible for lost or stolen items in or on the grounds of Central Square.

Recently the Central Square Community Center Board discussed the implementation of a policy that restricts the use of cameras and electronic devices in all locker rooms. This formal policy prohibits the use of cameras, smartphones, and portable devices with cameras, in all locker rooms with the intent of protecting locker room user's privacy. Signs notifying all members, school students, and guests of the policy will be displayed soon. We appreciate your cooperation and compliance with this new policy.

Please make it a habit to change into your workout shoes after you arrive in the building. Dirty, wet, salty, 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.