

Child Care:

Hours of Operation

Friday 6:00 p.m. to 11:00 p.m. **(You must make reservations)**

Cost for Childcare: \$5 per hour for the first child and \$2 per hour for the second child from the same immediate family. Prices subject to change.

Fitness Classes: Our current session will run through March 16th. Please come give the classes a try! They are fun and challenging. We offer the following classes: **30-30, Body Sculpt, Chisel, Class Choice, Instructors Choice, Power Hour, Tread & Shed, & Yoga. Call or e-mail me if you have any questions.** Our classes can be paid for in 2 ways. The Centennial fitness card costs \$40.00 (The fitness card allows you access to all of the classes for the session), or you can pay for the individual classes at a very affordable \$5.00 per class. The card is \$20.00 for ages 60 and up. You can pay for the card and the individual classes with your **member charge** (no cash or checks, please). Check for the new schedule it will be posted at the gym, it is on our website <http://centennialvalleygolfac.com/fitness.html> or e-mail me and I will send you a copy. See you in the gym!

Shape Up & Lose: All of our participants have lost weight. Congratulations Shape Up and Lose members. Our current winners are:

Cherie Flowers she lost 4.4183% weight this week. Way to go Cherie!

Brad Burk He lost 3.8873% weight this week! Brad Good job!!

Yoga for back pain:

By improving circulation and lowering stress, just about any kind of exercise promotes back pain recovery. But yoga may be best.

University of Washington researchers say yoga eases lower-back pain faster than conventional exercises. In a different study, 101 patients were randomly assigned to one of three groups. The first group took weekly yoga classes and practiced at home; the second group participated in weekly exercise sessions developed by a physical therapist, plus practiced at home; and the third group received a self-help back care book. After 3 months, the yoga group had better back-related functioning, compared with the other two groups. And after 6 months, patients who took yoga reported less back pain and better back-related functioning. Because it promotes deep breathing and relaxation, as well as stretching and strength, yoga may help with both emotional and structural triggers of back pain.

We offer Yoga on Monday and Wednesday at 9:15 a.m. and Friday at 6:00 a.m. If you want a private or semi private Session call Maret at 501-339-3234

Small Group Personal Training: This month we are beginning to offer Small Group Personal Training. Group personal training typically provides an affordable and often motivating way of working with a trainer. Whether it is be for fat loss or general conditioning the added motivation of having others working out in the same room with you pushes you to a new effort level. Train with friends, family, or co-workers! Start your own group and choose the people and time you want to work out.

Small group personal training sessions are 1 hour or ½ hour in length. Custom designed workouts are tailored specifically to each small group. You will receive accountability, motivation, support, experience and expert guidance to reach your fitness goals at an economical rate.

Small Group Personal Training Rates:

- 2 to 3 people \$30/ hour per person (\$90.00) or 3 people \$15/ ½ hour per person (\$45.00)
- 4 people \$25/ hour per person (\$100.00) or 4 people \$15/ ½ hour per person (60.00)

Small Group Personal Training Policies:

- (8) ½ hour Sessions or (4) 1 hour sessions are required.
- Payment is due at the beginning of package.
- Canceled sessions are not rescheduled or refunded.

Henry Hawk Introduces a New DVD:

For those who choose not to participate in an exercise class for various reasons, Henry Hawk has put together DVD's for your personal use. The first is an exercise routine that is done in his classes, but with your own DVD, can be performed at home or in privacy. The second is an instructional DVD for those who are seeking individual exercises that they might do to improve areas such as flexibility, core or general body endurance. It includes approximately fifty exercises that you can perform. Each exercise is demonstrated and explained. This is an excellent DVD to use to create a personal exercise routine.

The DVD's sell for \$20.00 each or both for \$35.00. You may purchase them by calling 327-4208.

Friday Night Fever: Is Baaack February 3rd

Every Friday night CVCC will draw a member's number between 7:30 p.m. & 8:30 p.m., (all member numbers will be in a hat), if your number is drawn, you win the money in the pot. CVCC will start the pot with \$500 and will add \$50 every week that no one wins. But....**you must be present to win.** Members do not buy a ticket or fill anything out—we will draw from the entire membership. **Only full members qualify.** Again, you must be present to win. Because in the past we have so many great members that come out every week and support Friday Night Fever and the 19th Hole, we have decided to add a prize for the members that are in the 19th Hole at the time of the drawing. Everyone there will put their name in a hat and we will draw from the hat and the person called will win a \$25.00 gift certificate to the 19th Hole.

Karaoke 10th & 24th : Join us for Karaoke on February 10th and 24th. Corey Breeding our DJ will play from 8:30 to 11:30. He has all the traditional karaoke selections; Country, Rock, Pop, Rap, etc

Valentine's Day: February 14th We will take reservations for dining in the 19th Hole on Valentine's day.

Casino Night February 18th Need a break from the winter time blues?? Join us in the 19th Hole 8:00 p.m. to midnight, for a night of high rolling fun. We will serve cocktails and appetizers. We will have a DJ for your enjoyment but the games will be the real entertainment. We will give all attendees and their guests play money to play games such as blackjack, roulette, poker and craps. The attire is business casual. The ticket price is \$25 per person or \$50 per couple. This price includes appetizers and \$200.00 per person in play money. For \$25.00 you can buy \$200.00 more in play money as the evening goes on. At the end of the night there will be 8 winners. The payout will be as follows:

- 1st place - \$ 400.00 gift certificate to Pro shop or 19th Hole
- 2nd place - \$ 200.00 gift certificate to Pro shop or 19th Hole
- 3rd and 4th place - \$ 100.00 gift certificate to Pro shop or 19th Hole
- 5th thru 8th place - \$ 50.00 gift certificate to Pro shop or 19th Hole

Cooking with Chef February 21st

This month Chef Vince Scherrey, C.C. will present Chocolate Fantasy Class. This class will be held Tuesday, **February 21st** at 7:00 P.M. It will be held in the kitchen of the Centennial Center. Of course, this class will include a taste of the featured recipes and an adult beverage. The cost of this class is \$40.00 per person or \$60.00 per couple. (The couple must be under the same membership) We must limit our classes to 12 participants. There was a great deal of interest in this class so we will fill it on a first come first serve

Coming in March and April:

Pool Opens March 17th The Pool opens March 17th for Spring Break and will be open all week until March 25th. The hours will be Mon-Sat 10-8 and Sun 10-7. After March 25th we will be open every weekend Saturday and Sunday 10-7 until May 18th, when the pool opens for the summer. Then we will be open all day and every weekend at regular pool hours.

Cooking with Chef March 27th

Easter Brunch and Easter Egg Hunt April 8th

Chix with Stix April 24th, 26th, May 1st and 3rd.

To make reservations, register for a class or make an appointment, please e-mail or call Maret.

Maret Moore

CVCC Program coordinator

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501-339-3234