



GROUP EXERCISE

Boot Camp (18 years & older) \$52/\$67

Challenge your cardiovascular and muscular fitness in this circuit-style class including a mix of calisthenics, free weights, ply-o-metrics, and an assortment of equipment for a variety of exercises in each session. Each class the instructor will vary the format to keep your muscles guessing! Class instructed by Heather Denger.

3C's T/TH 8/29-11/23 5:15-6:00a

C.S.I. (18 years & older) \$60/\$75

Cardio, Strength, Interval is a total body workout that will challenge your body to the next level of fitness improving cardiovascular fitness, muscular strength and endurance and core. Participants will complete interval training rotating cardio, strength and core work using a variety of equipment including dumbbells, bars, tubes, balls, steps and kickboxing bags. Class instructed by Heather Denger.

3C's M/W/F 8/28-11/24 5:15-6:00a

Beginners Yoga (18 years & older) \$30/\$45

In a safe and relaxing atmosphere you will learn the benefits of yoga, incorporating basic yoga postures, proper yoga breathing and relaxation techniques that will benefit you. Class instructed by Heather Denger.

3 C's T/TH 8/29-11/23 9:00-9:45a

TRX Fusion (18 years & older) \$52/\$67

A circuit style workout using TRX Suspension Trainers, medicine balls, hand weights, plyometric boxes, heavy ropes and other modalities to give you an amazing workout over the lunch hour. Class instructed by Heather Denger/Tonya Becker.

3C's T/TH 8/29-11/23 11:45-12:30p

3 C's T/TH 8/29-11/23 6:00-6:45p

Strength Training For Older Adults \$30/\$45

This class is for the older adult that wants to grow stronger, healthier, more active and more independent. Class instructed by Heather Denger.

3C's M/W/F 8/28-11/24 9:00-10:00a

NEW! Kick & Crunch (18 years & older) \$52/\$67

Kick and Punch your way through an amazing cardio kickboxing workout paired with 10-15 minutes of core work. Class instructed by Heather Denger.

3 C's M/W 8/28-11/22 6:00-6:45p



Drop-In Classes are
only \$5.00
Register for Classes
At Any Time

FitRX (18 years & older) \$32/\$47

This CrossFit inspired class will have you pushing yourself to the max. Every workout will be completely different and challenge you in a new way. Class instructed by Heather Denger.

3C's SA 9/2-11/25 8:00-8:45a

Yoga-Pilates Fusion (18 years & older) \$32/\$47

The perfect blend of Pilates and Yoga to emphasize strength, balance and flexibility. Build your core strength, elongate your muscles, while burning calories and calming your mind at the same time. Class instructed by Heather Denger.

3C's S 9/2-11/25 9:00-9:45a

Tae Kwon Do (6-96 years) \$60/8wk session

This class will provide a safe and fun environment for adults to learn about themselves and others through Tae-Kwon-Do. Participants must register at Martial Art America located in Ankeny: 515-963-3494. Classes held at the Huxley Safe Room.

HSR T/TH 6:30-7:30p

SPECIAL EVENTS:

Huxley Farmer's Market

Join us for a Farmer's Market at Trinity United Methodist Church Veggies, fruits, jams and other goodies will be available for purchase. If you are a vendor who would like to register to sell goods at the market please contact the Huxley Parks & Recreation Department at 515-597-2515 to register.

RP TH 8/3, 8/10, 8/17 4-7p

Lunch & Learn - Sponsored by Subway Free

Join us for lunch, and while you are enjoying your meal, learn something from one of our guest speakers. Please call the 3C's for information on guest speakers each month. Lunch is sponsored by our local Subway.

3C's M 9/11 SHIIP 11:30a

3C's M 10/9 Chicken Shed Primitives 11:30a

3C's M 11/13 Olive Tap 11:30a

HPR Turkey Trot (Toddlers-100yrs)

RUN, TROT, WALK, GOBBLE, OR CRAWL FOR A CHANCE AT A TURKEY! Join us at Centennial Park for our Turkey Trot. Participants will compete in a fun run with first place finishers winning a turkey. Races are organized by gender and age groups from toddlers up to 100 years old.

Participants must pre-register for the race. **2-cans of non-perishable food items per participant covers the registration fee. All food will be donated to the local food pantry.** Event sponsored by our local General Insurance.

CP SA 11/4 10a Reg by 10/29



Movies at Railroad Park Free

Join us this fall for movies under the stars at Railroad Park. Bring your lawn chairs and blankets and enjoy watching a family friendly movie under the stars. Movie will begin at dusk, popcorn will be provided.

RP F 9/8 Finding Dory Dusk

RP F 10/6 The Secret Life Of Pets Dusk

NFL Flag Football (K-2nd Grade) \$55/\$70

National program that promotes teamwork, sportsmanship, and overall athletics in a format that is both fast-paced and skill building. This is a no-contact flag football league that emphasizes learning the basics of football. Program consists of (1) one hour practice during the week and (1) game on Saturday mornings. Each participant receives an NFL youth football jersey. Coaches meeting is on August 30 at 6pm at the 3C's. Teams coached by volunteers.

LFSF K SA 9/16-10/14 8:30a Reg by 8/27

LFSF 1st/2nd SA 9/16-10/14 8:30a Reg by 8/27

Soccer (3-8years) \$35/\$50

This recreational league will emphasize sportsmanship, education and the development of soccer skills. Coaches meeting will be held Thursday, August 31 at 6:00 pm at the 3C's. Practices start the week of September 4. Games begin the week of September 11.

LFSF 3-4yrs M 9/11-10/16 5:30-6:30p Reg by 8/27

LFSF 5-6yrs T 9/12-10/17 5:30-6:30p Reg by 8/27

LFSF 7-8yrs TH 9/14-10/19 5:30-6:30p Reg by 8/27

CIRL Youth Volleyball (3rd-6th grades) \$55/\$70

CIRL volleyball games will be Tuesdays or Thursday evenings with an additional one hour practice during the week. Huxley teams will have both home and away games so some travel to local communities is involved for games. Teams will practice at 3C's.

3C's 3rd-4th T/TH 9/12-10/12 6:00-7:00p Reg by 8/16

3C's 5th-6th T/TH 9/12-10/12 6:00-7:00p Reg by 8/16

TOT (Pre-School 3-5 Years) \$59/\$64

The Teams of Tomorrow (TOT) preschool basketball ball handling and dribbling program combines athletics, academics and agility. Classes are focused around improving your child's physical and mental growth through movement and music. TOT uses the perfect mixture of physical movement, hand-eye coordination, and brain use to maximize the growth of your preschooler. Kids call it fun, we call it learning! Classes taught by Breanna Elam, TOT Director.

3C's M 10/16-11/20 5:30-6:15p Reg by 10/8

Elementary TOT (K-3rd Grade) \$59/\$64

The K - 5th grade Teams of Tomorrow (TOT) basketball program is full of creative ball handling skills. The classes are focused around improving your child's physical and mental growth through movement and music. TOT uses the perfect mixture of physical movement, hand-eye coordination, and brain use to maximize the growth of your child. Kids call it fun, we call it learning!

3C's M Kindergarten 10/16-11/20 6:15-6:55p Reg by 10/8

3C's M 1st-3rd Grade 10/16-11/20 7:05-8:99p Reg by 10/8

NEW! Magic Camp (7-15 years) \$45/\$60

Learn to entertain and amaze your friends, family and classmates with professional magician Lee Cole at his two day camp. All magic materials are provided.

HSR M/W 10/16 & 10/18 6:00-8:00p Reg by 10/8

NEW! Mother/Son Sports Challenge (1st-5th Grade) \$20/\$35

Mother (or Mother Figure) and son teams will battle each other in a number of sports activities: basketball, soccer, football and an obstacle course. Keep score on your card to see who wins! Wear your favorite sports team apparel for pictures at our photo station. Pizza and drink provided.

3C's SA 11/18 10:00a-Noon Reg by 10/8



NEW MEMBERSHIP RATES

FALL 2017 PROGRAM GUIDE

FACILITIES & LOCATIONS

FACILITY	LOCATION	ACRES
Citizens Community Center (3C'S)	515 N. Main Ave	11,000 Sq. Ft.
Centennial Park (CP)	1001 Timberlane Dr	30.2 acres
Berhow Park (BP)	509 1/2 East 5th St	6.6 acres
Memorial Park (MP)	114 S. Main Ave	0.4 acres
Nord Kalsem Park (NK) and Community Center (NKCC)	104 W. 5th St	3.9 acres
Railroad Park (RP)	100 W. Railway St	1.4 acres
Trailridge Park (TP)	411 S. 560th Ave	0.9 acres
Larson Family Sports Fields (LFSF)	1030 Timberlane Dr	7 acres
Prairie Ridge Park (PRP)	511 E. 1st St.	1 acre
Heart of Iowa Nature Trail	Enter the trail at Hardware Hank's or Railroad Park.	
Huxley Safe Room (HSR)	515 N. Main Ave	4,000 Sq. Ft.



	Huxley Resident:		Non-Huxley Resident:	
	Annual	Six Month	Annual	Six Month
Family	\$381.19	\$228.72	\$401.25	\$240.75
Couple	\$317.66	\$190.73	\$334.38	\$200.63
Adult	\$235.07	\$158.83	\$247.44	\$167.19
Student	\$142.31	\$101.65	\$149.80	\$107.00
Senior (60+)	\$88.95	\$57.17	\$93.63	\$60.18
Sr. Couple (60+)	\$127.06	\$82.59	\$133.75	\$86.94
Walking	\$95.29	\$63.54	\$100.31	\$66.88
Daily Pass (14 +)			\$5	
Daily Student Pass (8-13 yrs)			\$4	
Daily Senior Pass (60+)			\$2	
College Student Summer Pass (6/1-9/1) Full-time students ages 18-25			Huxley: \$38.12	Non-Huxley: \$40.13
College Winter Pass (12/1-2/1) Full-time students ages 18-25			Huxley: \$25.41	Non-Huxley: \$26.75

One-On-One Personal Training

	3C's Member	Non-Member
(1) 1-Hour Session	\$36	\$46
(5) 1-Hour Session	\$165	\$215
(10) 1-Hour Session	\$300	\$400



Fitness Center Hours:

Winter: Labor Day-Memorial Day

Mon-Fri	5:00am-9:00pm
Saturday	7:00am-8:00pm
Sunday	9:00am-7:00pm

Summer: Memorial Day-Labor Day

Mon-Fri	5:00am-8:00pm
Saturday	7:00am-4:00pm
Sunday	7:00am-2:00pm