

**Fall 2016  
September-  
December**

# Pine Community Center Program Guide

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**Pine**  
COMMUNITY  
CENTER

100 Pine Park Drive  
Wexford, PA 15090  
(724) 625-1636, Ext. 3



**REGISTER ONLINE TODAY!**  
[www.twp.pine.pa.us/communitycenter](http://www.twp.pine.pa.us/communitycenter)

# GENERAL INFORMATION

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## Mission Statement

The Pine Community Center is a Township facility that provides an inter-generational place for members of the community to meet and enjoy mental, physical and social well-being.

## Contact

100 Pine Park Drive  
Wexford, PA 15090  
724-625-1636, Ext. 3  
pinecenter@twp.pine.pa.us

## Hours of Operation

(Fall Hours begin September 6)

### Monday-Friday

6:00 am—10:00 pm

### Saturday and Sunday

8:00 am—5:00 pm

## Holiday Closures

### Monday, September 5

Closed

### Thursday, November 24

Closed

### Saturday, December 24

Close at 12:00 pm

### Sunday, December 25

Closed

### Saturday, December 31

Close at 4:00 pm

## Board of Supervisors

Michael J. Dennehy Jr.—Chair

Philip D. Henry—Vice Chair

Pat D. Avolio

Edward Holdcroft

Frank J. Spagnolo

**Scott Anderson**—Township Manager

sanderso@twp.pine.pa.us

**Joni Patsko**—Director of Parks and Recreation

jpatsko@twp.pine.pa.us

**Alicia Bercury**—Fitness Program Coordinator

abercury@twp.pine.pa.us

**Meagan Quail**—Program Coordinator

mquail@twp.pine.pa.us

**Kevin Bacon**—Facility Rental Coordinator

kbacon@twp.pine.pa.us

**Kaylyn Begley**—Assistant Program Coordinator

kbegley@twp.pine.pa.us

**Kids Corner**

Kids Corner provides a safe, friendly environment for children ages 3 months to 9 years.

**Fee**

Member: \$1 per child

Non-member: \$3 per child

**HOURS**

**Monday-Friday**

9:00 am—12:00 pm

**Monday-Thursday**

5:30—7:30 pm

**Saturday**

9:00—11:00 am



**Check-In**

**NEW! Make checking in convenient and easy with the KEY RING APP!** Download the KEY RING APP from the App Store and you'll never forget your key tag again!

All members, guests and visitors **MUST** check in at the welcome desk upon each visit.

- Members will check in using their provided scan card/Key Ring App
- All children under 13 years old, non-members, program attendees and visitors will sign in on a designated sign in form
- Members without their key tag **MUST** provide photo I.D.

**PROGRAM AND CLASS REGISTRATION**

**Three Ways to Register!**

**1. Online:** Visit [www.twp.pine.pa.us/communitycenter](http://www.twp.pine.pa.us/communitycenter) and find the **Register Online** tab in the top right hand corner of every page. Create an account or sign in to register for your favorite activities and classes.

**2. In Person:** Register in person at the Pine Community Center welcome desk Monday through Friday from 8:00 am - 10:00 pm and Saturday and Sunday from 8:00 am - 5:00 pm. Payment methods: cash, check and credit/debit cards. We do not accept Discover Card.

**3. By Mail:** Send Activity Registration Form and appropriate fee to 100 Pine Park Drive, Wexford, PA 15090. Activity registration forms can be found on our website under the Program and Fitness/Wellness pages.

**Fall 2016  
Registration Dates**

**Members**

Begins August 1

**Non-members**

Begins August 8

**REGISTER EARLY!**

*Programs and activities that do not meet the minimum enrollment will be canceled.*

# CALENDAR

## September

11	<b>Grandparents Day</b>	1:00 pm	Pg. 5
12	<b>3-Week Fat Blast Boot Camp Begins</b>	9:00 am	Pg. 20
24	<b>Touch-a-Truck</b>	1:00 pm	Pg. 5
25	<b>Women's Health and Fitness Day</b>	1:00 pm	Pg. 5
29	<b>Taste of Pine</b>	6:00 pm	Pg. 5
30	<b>Kids Open Gym Night—Dodgeball</b>	7:00 pm	Pg. 10

## October

4	<b>Fitcamp Begins</b>	10:00 am	Pg. 17
8	<b>PA Family Fishing Program</b>	1:00 pm	Pg. 5
10	<b>Pumpkin Drop-Off Begins</b>	8:00 am	Pg. 5
10	<b>Yoga Series Begins</b>	1:00 pm	Pg. 20
18	<b>Family Zumba Night</b>	6:00 pm	Pg. 6
20	<b>Fall Harvest Senior Luncheon</b>	12:00 pm	Pg. 13
22	<b>Halloween Party in the Park</b>	1:00 pm	Pg. 6
28	<b>Kids Open Gym Night—Wiffleball</b>	7:00 pm	Pg. 10
30	<b>Zumba Halloween Bash Fundraiser</b>	2:00 pm	Pg. 6

## NOVEMBER

12	<b>Yoga Workshop</b>	2:00 pm	Pg. 20
13	<b>Learn N' Burn</b>	2:00 pm	Pg. 23
19	<b>Holiday Dazzle Show</b>	4:00 pm	Pg. 6
25	<b>Burn the Bird Food Drive</b>	9:00 am	Pg. 7
25	<b>Kids Open Gym Night—Kickball</b>	7:00 pm	Pg. 10

## DECEMBER

5	<b>Friends and Family Week</b>	6:00 am	Pg. 7
10	<b>Breakfast with Santa</b>	9:00 am	Pg. 7
16	<b>Pajama Party</b>	7:00 pm	Pg. 11
26	<b>Winter Rec. Camp Begins</b>	9:00 am	Pg. 11
30	<b>Kids Open Gym Night—Floor Hockey</b>	7:00 pm	Pg. 10
31	<b>Noon Year's Eve</b>	11:00 am	Pg. 7

## Grandparents Day

**Sunday, September 11**

**1:00-4:00 pm**

Celebrate National Grandparents Day at the Pine Community Center. Grandkids, great grandkids and grandfriends are all welcome! Create lasting memories at our Grandparents Day with games, activities, crafts, snacks and refreshments. **Ages:** 6-12 years. **Fee:** Grandparents FREE, Members \$10 per grandchild, Non-members \$15 per grandchild. Register by September 4.

## Touch-a-Truck

**Saturday, September 24**

**1:00-3:00 pm**

**You won't believe your eyes!** See, touch, interact and learn about a variety of fun vehicles. Check out a fire truck, police car, tractor, dump truck, ambulance and many more! **DON'T FORGET YOUR CAMERAS!** **Ages:** 12 years & under. **Fee:** \$3 per child. No pre-registration required.

## PA Family Fishing Program

**Saturday, October 8**

**1:00 am-4:00 pm**

Join us at the Pine Park Lake for an educational program designed for families with little or no fishing experience! Families will learn basic fishing skills and have an opportunity to practice those skills. The fishing license requirement is waived for participants 16 years and older. All necessary equipment will be provided. **Ages:** 5 years & up. **Fee:** \$10 per child. Register by October 1.

## Pine's Pumpkin Patch

**Monday, October 10-Monday, October 31**

Bring in your decorated (*not carved!*) pumpkin for our 5<sup>th</sup> Annual Pumpkin Decorating Contest. Votes will be collected and all proceeds will benefit your charity of choice. **Pumpkin drop-off:** October 10-12, **Voting:** October 13-30, **Winner announced:** October 31. Pumpkin drop-off and voting can be done between 8:00 am and 10:00 pm. No pre-registration required.

## Women's Health and Fitness Day

**Sunday, September 25**

**1:00-4:00 pm**

Join the Pine Community Center in the promotion of physical activity and health awareness for women of all ages.

- Health/Nutrition Info
  - Fitness Classes
    - Massages
- Self Defense Demo
- Fitness Assessments
- Snacks/Refreshments

Fee: \$5 per person

**Register by September 18!**

## Taste of Pine

**Thursday, September 29**

**6:00-8:00 pm**

Enjoy the *MOST* delicious cuisine in Pine Township!

Appetizers, salads, antipasti, sandwiches, wine, desserts and more!

- Must be 21 years of age
- Event reserved for 120 guests only
- Tickets must be purchased in ADVANCE
- **Tickets:** \$30 per person through Sept. 10  
\$40 per person, \$75 for two tickets starting Sept. 11

**We guarantee you won't go home hungry—MORE INFO AVAILABLE AT THE PINE COMMUNITY CENTER!**

## SPECIAL EVENTS

### Family Zumba Night

Tuesday, October 18

6:00-7:30 pm

Join us to support healthy choices and a little family fun. After a fun-filled, 45 minute family friendly Zumba class, hang around for games, healthy snacks. **Ages:** 6 and up. **Fee:** Member Family \$10, Non-member Family \$20. **Minimum/Maximum:** 10/25. Register by October 11.

### Halloween Party in the Park

Saturday, October 22

1:00-4:00 pm

A ghoulishly good time for the whole family! Enjoy the following activities: crafts, ghost stories, hayrides, and a bonfire. There will also be a costume parade and contest. **Ages:** All ages. **Fee:** \$3 per person. **Location:** Pine Community Center. No pre-registration required.

### Zumba Halloween Bash Fundraiser

Sunday, October 30

2:00-4:00 pm

Ditch the gym and join this 90-minute Zumba Party with a Halloween twist! All proceeds will benefit the Muscular Dystrophy Association.

Come in costume if you choose. Prizes for top 3 costumes!

**MORE INFORMATION  
ON PAGE 22!**

## Pine Holiday Dazzle Show

Saturday, November 19

4:00-7:00 pm

**\$3 pre-sale\*/\$5 day of event**

**\*Pre-sale until Friday, November 18**

### A wonderful holiday celebration you don't want to miss!

- Santa arrives by fire truck
- Cookie decorating
- Crafts
- Performances by local talent groups
- Carriage rides
- Children's booth
- S'mores by the bonfire
- Storytelling
- And more!
- Food and refreshments will be available at an additional cost
- Look for more information in the coming months

*Don't miss our famous  
HAT PARADE!*

## “Burn the Bird” Food Drive

**Friday, November 25  
9:00-11:00 am**

*Give back and get healthy!*

Donate a canned good (or two!) and enjoy a FREE Post-Thanksgiving sweat fest. Work off your feast with a fun-filled two hour fitness frenzy.

Specials on Personal Training, Fitness Classes and more!

**RSVP to Alicia Bercury at  
abercury@twp.pine.pa.us by  
November 18th!**

## Friends & Family Week

**Monday, December 5-Sunday, December 11  
6:00 am-10:00 pm**

Members...Show your friends and family what the community center is all about! Friends & Family Week includes use of the fitness area, gymnasium and indoor track. Limit one friend per person, per day. No registration required.

## Breakfast with Santa

**Saturday, December 10  
9:00-10:30 am**

Enjoy a buffet breakfast, crafts, dancing, face painting and much more! Children can visit with Santa and tell him what they want for Christmas!  
**Ages:** All ages. **Fee:** Member \$12/child, \$6/adult, Non-member \$16/child, \$8/adult. Registration for members starts October 3. Registration for non-members starts October 10.

# Noon Year's Eve

**Saturday  
December 31  
11:00 am-1:00 pm**

**Join us for a special celebration to ring in the New Year!  
This is the PERFECT event for the little ones!**

This special event is geared toward ages 3-10!

- Games
- Crafts
- Music
- Dancing
- Photo booth
- And more!

Our “midnight” will be at 12:00 pm with a balloon drop for the children to enjoy!!!

**Members \$6 per child  
Non-members \$8 per child**

Pre-registration Required! Register by 12/24!

# YOUTH PROGRAMS



## REGISTER EARLY!

A \$5 late fee will be applied to all programs for individuals registering within 3 days of the program start date. Also, classes that do not meet the minimum enrollment are subject to cancelation.

## STORY TIME Ages 1-3

Start your little ones love for reading early! You and your child can spend quality time together getting lost in a new story each week. Games, activities, and songs will be incorporated. *Parent participation required.*

**Dates:** 2<sup>nd</sup> and 4<sup>th</sup> Thursday of every month from September-December (NO CLASS 11/24)

**Time:** 10:00 - 10:30 am

**Fee:** Member \$16/Non-member \$32

**Minimum/Maximum:** 6/12

## TOT TIME Ages 1-4

Let your little one develop gross motor skills through an organized pre-school play time. This instructor led program will guide your tot through fun games and activities to get them exploring their movement and developing motor skills. *Parent participation encouraged.*

**Dates:** 1<sup>st</sup> and 3<sup>rd</sup> Thursday of every month from September-December

**Time:** 10:00 - 11:00 am

**Fee:** Member \$32/Non-member \$64

**Minimum/Maximum:** 6/15

## MUCK-N-MESS Ages 3-6

Dress your kids in their play clothes and come ready to get mucky and messy! Your kids will have a blast getting their hands ooey and gooey while creating art work, completing science experiments and running amuck! *Parent participation encouraged.*

### Dates:

Session 1: Fridays, 9/16 - 10/21

Session 2: Fridays, 11/4 - 12/16 (NO CLASS 11/25)

**Time:** 1:00 - 2:00 pm

**Fee:** Member \$36/Non-member \$48

**Minimum/Maximum:** 6/12

## PRE-SCHOOL PLAYTIME Ages 3-5

Each week, we set aside gym time for pre-school children to enjoy a variety of activities. Appropriate pre-school age items are set up to provide pre-school children and their parents a place to play and have fun. *Drop-in only. No registration required.*

**Date:** Every Monday, Wednesday, Thursday and Friday

**Time:** 8:30 - 10:30 am

**Fee:** Member Free/Non-member \$6

**SAVE YOURSELF A TRIP  
AND REGISTER ONLINE!**

Register for our programs,  
classes and activities online!

## SMART SMART!

**Ages 3-6**

Have your kids get a smart jump start on organized sports! This clinic teaches the basic motor skills necessary to play organized sports while spending quality one-on-one time with their parents. It focuses on teaching children, as well as the parents, throwing, catching, kicking and batting skills.

**Dates:**

Session 1: Tuesdays, 9/20-10/25

Session 2: Tuesdays, 11/8-12/13

**Time:** 6:15 - 7:00 pm

**Fee:** Member \$18/Non-member \$36

**Minimum/Maximum:** 6/12



## ZUMBA® KIDS Ages 4-9

Kids get the chance to be active and jam out to their favorite music! Zumba® Kids classes feature kid-friendly routines based on the original Zumba® choreography. We break down steps, add games, activities, and cultural exploration elements into the class structure.

**Dates:**

Session 1: Saturdays, 9/17-10/22

Session 2: Saturdays, 11/5-12/17 (NO CLASS 11/26)

**Time:** 11:00 - 11:45 am

**Fee:** Member \$36/Non-member \$48

**Minimum/Maximum:** 6/12

## LIL' EXPLORERS CLUB Ages 4-6

Bring your little tyke to the Pine Park Lake and introduce them to nature. Explore the great outdoors through hiking, nature crafts, stories, and more. One hike per class. Please dress appropriately for the weather and for hiking. Pre-registration required.

**Dates:**

Session 1: Wednesdays, 9/7-9/28

Session 2: Wednesdays, 10/5-10/26

**Time:** 1:00 - 2:00 pm

**Fee:** Member \$12/Non-member \$24

**Minimum/Maximum:** 6/12

**JOIN OUR EMAIL LIST TO STAY UP-TO-DATE WITH ALL OF OUR PROGRAMS AND EVENTS!**

E-mail [pinecenter@twp.pine.pa.us](mailto:pinecenter@twp.pine.pa.us) and include your name, address and preferred email.

# KIDS OPEN GYM NIGHTS

Kids ages 8–12 can now spend their Friday nights at the Pine Community Center with their friends having a blast playing in the gym and enjoying pizza and snacks. Each Open Gym Night will be designated to a specific sport that will be played all night long! Some sports will include dodgeball, kickball, pickle ball, floor hockey, and mat ball.

## Dates, Times & Sports

September 30th — Dodgeball

7:00 - 9:00 pm

October 28th — Wiffleball

7:00 - 9:00 pm

November 25th — Kickball

7:00 - 9:00 pm

December 30th — Floor Hockey

7:00 - 9:00 pm



**Fee\*:** Members \$6 per night  
Non-members \$12 per night

**\*PRE-REGISTRATION REQUIRED!**

**Minimum/Maximum\*:** 12/32

\*If minimum is not reached, program is subject to cancellation

GRAB YOUR FRIENDS & JOIN US FOR OUR

# Pajama Party!!!

Friday, December 16

7:00-9:00 pm

The Pine Community Center welcomes children ages 6-12 to this FUN event. Put on your PJ's and come to the PCC for an exciting evening with holiday cookie decorating, board games, Wii and your favorite holiday movie. Enjoy a hot chocolate bar and popcorn!

Member: \$6 per child

Non-member: \$8 per child

Minimum: 10 participants

Register AT LEAST  
3 days in advance!

# WINTER

KIDS BORED?

Send them to the PCC!

# Recreation Camp

December 26th - December 30th

9:00am-12:00pm

Member \$45 per child

Non-member \$60 per child

Registration  
Deadline:  
December  
19th!

Minimum of  
12  
Participants!

This "mini" camp, similar to our popular Summer Rec Camp, is designed for ages 6-12. Time will be spent in the gymnasium, game room and craft room. Weather permitting, kids will enjoy time outdoors.

# ADULT PROGRAMS

## RECREATIONAL SPORTS Ages 18+

Not only are recreational sports a great way to stay physically active through the years but they are also fun and social.

Our recreational sport activities are designed for adults ages 18 years and older. All days and times are subject to change based on gymnasium availability. All sports are limited to one court ONLY. See below for days, times, and experience level for each sport.

### Fee for all recreational sports:

Member **FREE**/Non-member \$6

### Pickleball

Co-ed pickleball that is designed for all experience levels.

**Date:** Every Tuesday

**Time:** 10:30 am - 12:30 pm

**Maximum players:** 20

### Recreational Volleyball

Co-ed volleyball that is designed for the novice to intermediate player.

**Date:** Every Wednesday

**Time:** 7:30 - 9:30 pm

**Maximum players:** 18

### Men's Basketball

Men's basketball that is designed for the competitive athlete.

**Date:** Every Thursday

**Time:** 7:30 - 9:30 pm

**Maximum players:** 18

### Power Volleyball

Co-ed volleyball that is designed for experienced players.

**Date:** Every Friday

**Time:** 7:30 - 9:30 pm

**Maximum players:** 18

## Volunteer Opportunities

**Make a difference in your community by volunteering with us!**

Volunteers offer invaluable support to our numerous special events and programs throughout the year!

Interested? Check out these upcoming events for volunteer opportunities:

- Touch-a-Truck
- Taste of Pine
- Halloween Party in the Park
  - Holiday Dazzle
  - Breakfast with Santa

*Opportunities are also available with Friends of Pine Parks and the Parks & Recreation Commission.*

**Please contact the Pine Community Center at 724-625-1636, Ext. 3 for more information.**



### Connect with Us!

**Like us on Facebook and keep up-to-date with all of our awesome programs!**

# OLDER ADULT PROGRAMS

## SILVERSNEAKERS® Ages 65+

The Pine Community Center is a SilverSneakers® participating location! SilverSneakers® is a health plan benefit that provides a basic fitness center membership and fitness classes designed specific to older adults.

## SILVER&FIT® Ages 65+

The Pine Community Center is a Silver&Fit® participating location! Health plans offer Silver&Fit® to eligible Medicare Advantage/Supplement beneficiaries and group retirees. Silver&Fit® members have access to a basic fitness membership at no cost.



## SILVERSNEAKERS AND ACTIVE OLDER ADULT PROGRAMS

Ages 55+

We offer a variety of fitness classes and programs for active older adults. Our classes and programs are open to SilverSneakers® members, members and non-members. These classes and programs are **FREE** for SilverSneakers® and full facility members. Associate and non-members **MUST** pay a guest fee in order to participate.

### Fitness Classes and Activity Offerings:

- Fitness Challenges
- SilverSneakers® Classic
- SilverSneakers® Circuit
- Yoga
- Zumba® Gold
- Quarterly Luncheons
- Activity Days
- Blood Pressure Screenings

## FALL HARVEST LUNCHEON Ages 55+

The Pine Community Center welcomes all seniors to our Fall Harvest Luncheon. Bring your favorite dish and enjoy great food and great fun! Pre-registration is required.

**Date:** Thursday, October 20

**Time:** 12:00 - 1:00 pm

**Fee:**

SilverSneakers® and Silver&Fit® **FREE**

Member **FREE**

Non-member \$6

**Minimum/Maximum:** 10/25

**JOIN OUR EMAIL LIST TO STAY UP-TO-DATE WITH ALL OF OUR PROGRAMS AND EVENTS!**

E-mail [pinecenter@twp.pine.pa.us](mailto:pinecenter@twp.pine.pa.us) and include your name, address and preferred email.

# WALK PINE

WALKING



PROGRAM

**TRANSFORMING YOUR HEALTH ONE  
STEP AT A TIME!**

## ***Rules***

It's easy and free for all members! Walk and record your laps/miles completed and place your total in the "mileage box". **All mileage must be completed on the track.**

**ALL Walkers** wishing to participate in the Walking Program **MUST** register at the front desk before mileage will be recorded.

**Already registered?** Just keep walking! Mileage will be recorded as usual.

## ***Goals and Prizes***

**Walker Goals:** Walk as many miles as you can in 2016. Receive a certificate for every **50 miles** you walk and a prize for every **100 miles!** **Gold Level (300 miles)** receives a T-shirt!

**Program Goals:** Being a part of Walk Pine will allow you to receive monthly walking/fit tips, participate in challenges, earn prizes and more!

***SIGN UP TODAY!***

***STOP IN TO SEE THE LEADERBOARD!***

# FITNESS CENTER AND MEMBERSHIPS

Type of Membership	3 Month	Annual	12 Month Debit
Resident Adult	\$135	\$360	\$30
Non-resident Adult	\$195	\$540	\$45
Resident Family	\$240	\$660	\$55
Non-resident Family	\$345	\$900	\$75
Resident Senior	\$105	\$300	\$25
Non-resident Senior	\$150	\$420	\$35
Resident Teen	\$105	\$300	\$25
Non-resident Teen	\$150	\$420	\$35



## BECOME A MEMBER

As a member, you have access to a full fitness center, indoor track, gymnasiums, locker rooms and several seating areas with free Wi-Fi.

Members also have priority on registration and receive discounts on all classes, programs, and events. There's no joining fee and **ANYONE** can become a member (that includes non-residents).

**Do you own or work at a business located in Pine?** Please contact us for more information on Business Memberships.

## FITNESS EQUIPMENT

We offer a variety of cardiovascular equipment such as treadmills, ellipticals, stationary and upright bikes, stair steppers, Espresso bikes, a rowing machine, and Cybex ARC trainers.

Our strength training equipment includes a variety of single-station strength machines, a cable crossover, Olympic benches, incline leg press, smith machine, dumbbells, TRX Suspension Training, and kettlebells.

All new members are provided with a basic complimentary orientation on the fitness equipment.

## GYMNASIUMS AND INDOOR TRACK

Our two full size gymnasiums are an excellent venue for your next game of basketball or to let the kids play while you workout.

Our 1/13 mile, temperature controlled indoor track makes for a perfect place to walk or run.

## LOCKER ROOMS

Our clean, convenient, and comfortable locker rooms offer spacious dressing areas and lockers, showers, a vanity with mirror and restrooms.

Lockers can be used daily at no cost, however, items cannot be stored in lockers unless a Locker Rental Agreement has been approved.

**Locker rental fee per month\*:** \$10

**Annual rental fee:** \$100

\*3-month minimum



### Connect with Us!

**Like us on Facebook and keep up-to-date with all of our awesome programs!**

# FITNESS CENTER AND MEMBERSHIPS

## PERSONAL TRAINING Ages 13+

Reach your goals! Get the personal attention and motivation you need to maximize your exercise routine and meet your health and fitness goals.

### Individual

# of Sessions	Member	Non-Member
1	\$45	\$55
3	\$129	\$159
6	\$258	\$318
9	\$369	\$459
12	\$468	\$588

### Partner (fee per person)

# of Sessions	Member	Non-Member
1	\$30	\$40
3	\$84	\$114
6	\$168	\$228
9	\$234	\$324
12	\$288	\$408

### Trio (fee per person)

# of Sessions	Member	Non-Member
1	\$25	\$35
3	\$69	\$99
6	\$138	\$198
9	\$189	\$279
12	\$228	\$348

Contact Alicia Bercury, Fitness Program Coordinator at [abercury@twp.pine.pa.us](mailto:abercury@twp.pine.pa.us) or 724-625-1636, Ext. 160 to schedule personal training.

## TEEN WEIGHT TRAINING Ages 13-15

Our program is designed for teens **ages 13-15** who wish to use the fitness area without parental supervision. Teens will learn safe and proper technique, proper program design and program variation. This class will be led by a Certified Personal Trainer, ACSM Health Fitness Specialist or staff with a 4-year Exercise Science degree. **Program consists of (3) one hour sessions.**

### Fee:

One-on-one: \$90

Partners: \$75 (each person)

Trio: \$60 (each person)

## NOT A MEMBER?

Try the fitness center, track or gymnasium as a guest. Participants using the fitness center must be 13 years and older (persons 13-15 must be accompanied by an adult). Persons utilizing the track or gymnasium under the age of 13 must be supervised by an adult.

**CONTACT US FOR MORE INFORMATION ABOUT OUR GUEST POLICY & FEES AND HOW TO RECEIVE A ONE TIME 3-DAY FREE GUEST PASS !**



# FITCAMP

## Small Group Health Coaching



Our Fitcamp program is a 6-week small-group training/health coaching program designed to help YOU create new, healthy habits! This program will focus on lifestyle change, including fitness, nutrition, stress management and more.

Each session will include a 30-40 minute workout followed by a group discussion.

### Example Topics:

Goal Setting  
Exercise Guidelines  
Nutrition for Health  
Meal Planning  
And MUCH MORE!

Peer, email and phone support and motivation provided!

Dates: October 3-November 11

Meeting Day/Time: Tuesdays, 10:00-11:15 am

OR Wednesdays, 6:00-7:15 pm

Fee: Member \$75/Non-member \$120

Contact Alicia Bercury at [abercury@twp.pine.pa.us](mailto:abercury@twp.pine.pa.us) or 724-625-1636, Ext. 160 for more details or to sign up!

# ONLY 8 SPOTS PER TIME SLOT!

# TRX<sup>®</sup> Small Group Training

Tired of your current exercise plan?

Not seeing the results you want?

Ready for a change?

Enjoy training with a group?

**Try something  
NEW  
and take your  
fitness to the next level!**

The TRX<sup>®</sup> Suspension Trainer is the original, best-in-class, workout system that leverages gravity and your body weight to perform hundreds of exercises.

A fast, effective workout to build functional strength, increase balance and improve core stability.

## **The TRX<sup>®</sup> Suspension Trainer:**

- Delivers a fast, effective total body workout
  - Helps build a rock-solid core
- Benefits people of all fitness levels (athletes to seniors)

## **See Group Fitness Schedule for days/times**

- Registration is required for TRX<sup>®</sup> Classes
- New sessions begin every 4-5 weeks
  - Only 6 people per time slot
- Please see the front desk for registration info

# FITNESS AND WELLNESS PROGRAMS

## REGISTER EARLY!

A \$5 late fee will be applied to all programs for individuals registering within 3 days of the program start date. Also, classes that do not meet the minimum enrollment are subject to cancellation.

## EXERCISE PRESCRIPTIONS Ages 13+

Get a customized workout program just for you! Whether you're looking for general health, weight loss, sport specific, or other exercise program, we can customize a workout for the results you want. Exercise prescriptions take into account an individual's goals, fitness level, health limitations and current exercise routine.

We have several options available to accommodate your specific needs. For more information, contact Alicia Bercury, Fitness Program Coordinator at [abercury@twp.pine.pa.us](mailto:abercury@twp.pine.pa.us).

## QUICKSTART PROGRAM Ages 16+

Our QuickStart program is great for new members and beginner exercisers! Your QuickStart workout plan, designed by a personal trainer, will cover 3 components of fitness—cardiovascular, resistance training and flexibility. This 2-week workout plan will cover everything you need to know in order to get started on the right track. Your new plan will cover:

- Frequency—How often?
- Intensity—How hard?
- Time—How long?
- Type—What exercises and equipment?
- Heart Rate Calculation

**Fee: \$35**  
(members only)

All information will be explained in-person with a personal trainer and a written chart will be provided. A follow up appointment will be scheduled 2 weeks out from the initial meeting. Fitness goals and recommendations will be discussed.

## Yoga at the Gazebo



*All fitness levels welcome.  
Please bring your own mat.*

*Flow into Fall with Yoga at the Gazebo!  
Enjoy breath work, asanas (postures)  
and simple flowing patterns to improve  
strength, flexibility, balance and mental  
focus.*

### Available Dates:

*Tuesday, September 13 at 10:30 am*

*Sunday, September 18 at 12:00 pm*

*Thursday, September 22 at 11:00 am*

*Tuesday, September 27 at 6:00 pm*

**REGISTRATION REQUIRED!** MAXIMUM ENROLLMENT PER CLASS IS 10.

**VIP Member FREE**

**Member \$6 per class**

**Non-member \$8 per class**

## FITNESS AND WELLNESS PROGRAMS

# 3-Week FAT BLAST BOOT CAMP

Our *Fat Blast Boot Camp* is designed to challenge you in every way possible. Each day of your fitness adventure will bring a fresh, new workout...HIIT, strength, Plyometrics, core, endurance, agility and more. Weight and measurements will be taken before and after (optional). Focus is not unhealthy weight loss, rather motivation to continue exercising. Each workout will last 30 minutes.

**Dates:** September 12-29

**Days:** Monday, Wednesday and Thursday

**Time:** 9:00 am, 10:30 am or 7:00 pm

**Fee:** VIP \$15/Member \$35/Non-member \$45

# "Embrace Your Natural Weight" Yoga Class Series

*In this workshop, participants will explore:*

- *Body awareness*
- *Mindful Practices*
- *Asanas (yoga poses) to increase metabolism, balance hormones and promote digestion*
- *Relaxation Techniques to decrease stress*

**Dates/Time:**

Monday, October 10, 17 and 24/1:00-2:15 pm

*Register by October 3rd*

OR

Saturday, November 12/2:00-4:00 pm

*Register by November 5th*

**Fee:**

3 Week Series: VIP \$25/Member \$35/Non-member \$45

2-Hour workshop: VIP \$15/Member \$25/Non-member \$35

**REGISTER TODAY—Space is limited**

# VIP Fitness Pass!

The VIP Fitness Pass entitles members to unlimited group fitness classes. VIP members also receive a discounted rate when registering for select fitness programs such as TRX<sup>®</sup> Small Group Training and other health/wellness offerings.

The VIP Fitness Pass is available for all membership categories:

Adult, family, teen, senior, SilverSneakers<sup>®</sup> and Silver&Fit<sup>®</sup>

- *The additional cost for an individual is \$20/month*
- *The additional cost for a family of 2 or more is \$25/month*

*Please note: VIP Pass is only valid with full facility, annual memberships.*

## FITNESS CLASSES Ages 13+

Our fitness classes are designed to meet the needs for participants of all fitness levels. Whether you're interested in a hardcore strength workout, a relaxing Yoga class or a kick butt cardio workout, we have the class for you! Our qualified instructors create classes that are fun, motivating, and challenging. We offer a variety of class days and times to meet the needs of your busy schedule.

## NEW! CLASSES INCLUDED

All full-facility annual members now have access to select group fitness classes at no additional cost.

Our current offerings are: Barre, Butts & Guts, Core Express, Gentle Flow Yoga, Lunchtime Yoga and WAR. *Classes are subject to change.*

*For days and times of these classes, please view our class schedule on our website under the Fitness/Wellness-Group Fitness tab.*

## FITNESS CLASSES OFFERED

Please visit our website for current class schedule and class descriptions. Check our online schedule regularly for updates.

- Barre
- Beginner Classes
- Boot Camp
- Butts & Guts
- Cardio Kickboxing
- Cardio and Strength
- Core Conditioning
- Cycle
- Express Classes
- High Intensity
- L.I.F.E. (Low-impact Functional Exercise)
- Pilates
- RIP<sup>®</sup> (compare to LesMills BodyPump)
- Total Body Strength
- WAR<sup>®</sup> (Cardio Kickboxing)
- Yoga
- Zumba<sup>®</sup>

## GROUP FITNESS

### FITNESS PUNCH CARDS AND DROP-INS

Are you thinking about taking a class but just aren't sure which one is right for you? We offer fitness punch cards and single class drop-ins for your convenience. Punch cards and drop-ins **MUST** be purchased prior to class.

#### Punch Cards

##### Member

5 classes \$35/10 classes for \$70

##### Non-member

5 classes \$45/10 classes for \$90

#### Drop-ins

Member \$8 per class

Non-member \$10 per class

*What are you waiting for? Try a fitness class today!*

### INTRO TO TRX® Ages 13+

This program is designed to prepare you for TRX Small Group Training. It is not required, but **highly recommended** that you complete at least one session prior to joining one of our small group classes. You'll learn valuable information such as strap adjustment, intensity variations, body positions and more. Each class will last approximately one hour.

#### Dates/Times:

September 20 at 9:45 am

September 21 at 7:30 pm

October 25 at 9:45 am

October 26 at 7:30 pm

November 29 at 9:45 am

#### Fee:

VIP Free

Member \$6

Non-member \$8

**Minimum/Maximum:** 4/6

# HALLOWEEN ZUMBA BASH Fundraiser



**Date:** Sunday, October 30

**Time:** 2:00-4:00 pm

**Participate in a SPOOKTACULAR fitness event to benefit Muscular Dystrophy Association!**

A **90-minute** Zumba fitness class with a Halloween twist! Come in costume if you choose. Prizes for top 3 costumes!

Delicious Halloween-themed treats to follow class.

**TICKETS: \$10 (CASH ONLY)**

**Purchase tickets in advance at the Pine Community Center. Limited tickets will be sold at the door.**

## LEARN N' BURN Ages 13+

LEARN new choreography & BURN mega calories in one action-packed two hour fitness experience! Get a 30 minute sample of each—WAR, RIP and TRANSFORM! **Snacks and refreshments will also provided!**

WAR® an exhilarating total body workout where a fusion of martial arts meets chart-topping hits. Learn how to punch effectively, kick safely and perform hooks and uppercuts like the pros.

RIP® is a barbell workout that incorporates functional strength training. Every movement plane is attacked using weights and body weight. Featuring safe and motivating exercises, and great music to create a thrilling group fitness atmosphere.

TRANSFORM® unites yoga and sport like never before. Prepare for a unique mind/body experience featuring traditional yoga poses, such as warrior, and sport-influenced movement including plyometrics and strength.

*Please note: It is not required that attendees participate in all fitness classes.*

**Date:** Sunday, November 13

\*Pre-registration required

**Time:** 2:00 - 4:00 pm

**Fee:**

VIP Member Free

Member \$5

Non-member \$10

### REGISTER EARLY!

A \$5 late fee will be applied to all programs for individuals registering within 3 days of the program start date. Also, classes that do not meet the minimum enrollment are subject to cancelation.

## FIT N' FOCUSED BOOT CAMP

Ages 13+

**Get energized, get moving, and get your mornings started off right!** Each day is a new **30 MINUTE** workout focusing on one or more fitness training principles (i.e. cardio, strength, endurance, power, agility, and balance). Join us today and get the **FIT** you've been looking for! *Variations will be offered for all fitness abilities.*

**Dates:**

September 6-30

October 4-28

November 1-December 2\*

December 6-30\*

**\*No class on the following dates:** November 24, November 25 and December 23.

**Days:**

*Classes are held Tuesday, Thursday and Friday*

**Time Slots:**

6:15 - 6:45 am or 7:00 - 7:30 am

**Fee (per month):**

VIP \$15

Member \$35

Non-member \$45



# HAVE YOUR NEXT **BIRTHDAY PARTY** At the Pine Community Center!

## Birthday Party Packages

Celebrate your child's special day with a variety of fun options!

BALLOON ARTISTS

DANCE PARTIES

FACE PAINTING

BOUNCE HOUSES

*Plus, a wide variety of  
Sports Packages!*

## Scenic Wedding Packages!

Let Pine Community Center be part of your special day!

We offer amenities to suit your bridal shower, rehearsal dinner, ceremony and reception needs!

### Amenities

- Community Room that seats up to 160 guests
  - Gazebo
  - Kitchen
- Picture perfect scenery

## NEW! Zumba® Dance Party Birthday Packages

**Kids will have a blast celebrating their birthday while movin' and groovin' to fun, upbeat music!**

Our instructor will lead party guests through an action-packed hour of kid-friendly routines, games and FUN! This package also includes one hour in our party room for cake, ice cream and presents!



Contact Kevin Bacon, Rental Coordinator, at 724-625-1636, Ext. 119 for additional rental information.



## **Book Your Event at the Pine Community Center!**

### **Looking for the perfect place to have your next event?**

We welcome you to host your event with us! With a wide range of available rooms, we can accommodate as little as 20 and as many as 160 guests.



Rooms equipped with sound/projection capabilities are an excellent choice for a business meeting or seminar.

From small luncheons to larger wedding receptions, we have what you need to make your event memorable!



Meeting Room



Catering Kitchen



Gazebo

**CONTACT KEVIN BACON, FACILITY RENTAL COORDINATOR, FOR  
RENTAL INFO: 724-625-1636, Ext. 119 or [kbacon@twp.pine.pa.us](mailto:kbacon@twp.pine.pa.us)**



## Township of Pine

230 Pearce Mill Road  
Wexford, PA 15090

Phone: 724-625-1591  
Fax: 724-625-1560

Business Hours:  
Monday - Friday  
8:00 am - 4:30 pm

### Summer 2016 Events—Thank You!

**Thank you to our sponsors, businesses, committee members, volunteers and participants for your continued support with the following events:**

**THANK YOU!**

Community Day  
Friends of Pine Golf Outing

**THANK YOU!**

### Registration for Programs and Classes

#### Three ways to register!

- 1. Online:** Visit [www.twp.pine.pa.us/thecenter](http://www.twp.pine.pa.us/thecenter) and find the **Register Online** tab in the top right hand corner of every page. Create an account or sign in to register for your favorite activities and classes.
- 2. In Person:** Register in person at the Pine Community Center welcome desk Monday through Friday from 8:00 am - 10:00 pm and Saturday and Sunday from 8:00 am - 5:00 pm. Payment methods: cash, check and credit/debit cards. We do not accept Discover Card.
- 3. By Mail:** Send Activity Registration Form and appropriate fee to 100 Pine Park Drive, Wexford, PA 15090. Activity registration forms can be found on our website under the Program and Fitness/Wellness pages.

**Please call 724-625-1636, Ext. 3 with questions regarding registration.**