Community Recreation

**Fitness Center Membership**

**Community Member**
5/18-8/29 $50
This membership grants community members who are not student’s full access to the Fitness Center. (excludes fitness classes)

**Gold Community Membership**
This membership will be the community rate for members looking to have full access to the CC fitness center and to ALL fitness classes being offered throughout the semester in session. (excluding ballroom dancing and kids swim)
5/18-8/29 $75

**Gold Vernon Membership**
This membership is available for VERNON COLLEGE student, staff, employees, and family of employees. This membership allows attendance to any fitness class being offered in the current semester. (excluding ballroom and kids swim)
5/18-8/29 $25

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**Summer Fitness Center Hours**
Mon – Thurs 7am -8pm
Friday – 7am- 12pm
Saturday – 9am -1pm

**Zumba**
The Zumba® program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program. Zumba is a patented fitness class format offered by certified Zumba instructors that combines Latin dancing with interval and resistance training for a full-body, rhythmic workout. Zumba focuses on creating a party-like workout environment.

- **Prices:**
  - 6/01-8/26: 7:00 PM-8:00 PM WM $55
  - 6/02-8/27: 7:00 PM-8:00 PM TR $55

**Spin**
Spin your wheels to a healthy you! Spin classes are designed for the beginner to the elite athlete. Instructors are equipped to make each session for any level. You will increase heart rate and improve overall strength in this class. Looking to improve cardio or strengthen muscles? These spin classes will help you to attain your overall goals by riding to a new you!

- **Prices:**
  - 6/02-8/13: 5:30 PM-6:30 PM TR $55

**Boxing 101: Circuit Training**
New and inspiring class to really make you sweat! Come try out our new Circuit Training designed workout plan. Boxing Instructor Christian Sanchez will get you fit and firm utilizing beginning boxing techniques. Lots of individualized training incorporated to allow every person to train at their own level! Sign up now, don’t miss out on getting a spot in this class!

- **Prices:**
  - 6/08-8/12: 5:30 PM-6:30 PM WM $55

**YOGA**
Challenge your mind-body awareness in a multi-level Yoga class. Classes will practice a variety of asanas and Pranayama with an emphasis on improving core and overall strength, flexibility, balance and focus. Appropriate for all fitness levels.

- **Prices:**
  - 6/01-8/26: 6:00 PM-7:00 PM MW $65
  - 6/02-8/28: 9:00 AM-10:00 AM FT $65

**Senior Circuit Training**
Fitness for seniors class includes a variety of strength training and circuit training stations led by an instructor. Build muscle strength, bone strength and further overall body health in this weight and body weight instructed class. Ideal for those over the age of 50 but anyone is welcome.

- **Prices:**
  - 6/01-6/26: 10:00 AM-11:00 AM MRF $20
  - 6/29-7/24: 10:00 AM-11:00 AM MRF $20
  - 7/27-8/21: 10:00 AM-11:00 AM MRF $20
**AQUATICS**

**Beginning Swim Lessons**  
for age 5 and up - 8

Beginning Swim class is geared towards ages 5 and up. Your child will learn to become comfortable in the water and continue to progress to proper breathing techniques and swim movements while having fun in the pool! Parents or guardians invited to be in the water if necessary. Swimming can save lives, help teach your child now.

6/15-7/08  6:00 PM-6:30 PM  MW  $30

**Mommy and Me Swimming**

Parents, get comfortable in the water! Every day, about ten people die from unintentional drowning. Drowning ranks fifth among the leading causes of unintentional injury death in the United States. This parent/child class will enable you to help your child discover the swimming pool! Instruction involves parent/child interaction to further encourage safety in the pool. Infants to age 4 are encouraged to attend. Swim diapers are required.

6/15-7/08  5:30 PM-6:00 PM  MW  $30

**Senior Water Aerobics**

Get fit in the pool with low impact senior water aerobics! When it comes to the best exercise for seniors, aqua aerobics or water exercise is an excellent choice. These exercises are done in a swimming pool and do not require swimming skills. Water exercise is safe and beneficial to seniors with a variety of fitness levels.

6/04-6/29  9:00 AM-10:00 AM  MRF  $40  
7/2-7/31  9:00 AM-10:00 AM  MRF  $40  
8/03-8/28  9:00 AM-10:00 AM  MRF  $40  
6/02-7/02  6:00 PM-7:00 PM  TR  $40  
7/07-7/30  6:00 PM-7:00 PM  TR  $30  
8/04-9/03  6:00 PM-7:00 PM  TR  $40

**Water Aerobics**

Challenge yourself in this non weight bearing water class that will work on cardio, muscle strength and flexibility. This water class is designed for those looking to improve overall health and might be perfect for those needing alternatives for running or impact sports!

6/06-8/29  9:00 AM-10:00 AM  $45
Conversational Sign Language
This is a wonderful class for students who want to begin to learn sign language. American Sign Language will be taught. The instructor can accommodate many skill levels. Books will be provided for the duration of the class. Come and learn how to communicate by signing in this beginner’s level class!
Textbook required for this class.
6/08-7/27 6:00 PM-8:00 PM T $110

Ballroom Dancing
Getting ready for a wedding, for holiday parties, or just to dance the night away? Learn the most commonly practiced, enjoyed and useful general social dances! We teach moves and techniques common to multiple dances to make learning easier and more exciting!
6/22-7/22 7:00 PM-8:00 PM M $25

Basic Photography
Basic Photography: 35 MM and Digital
The Beginning Photography course acquaints students with the principles of photography and the basic manual functions employed in the use of a 35mm or digital camera. Students must bring their own 35mm OR digital camera.
7/13-7/27 6:00 PM-8:00 PM M $90

Buy & Sell on eBay
Timing is everything! Learn when to bid if buying and when to post if selling. Students will learn how to set up accounts and auctions, how to take marketable pictures, and how to put those pictures to work. Other subjects to be covered are: where to find valuable items or find out where you can look to find the value of your item. Learn about market research what’s hot and what’s not, and how to tell the difference.
7/6-7/13 6:00 PM-9:00 PM M $40

Cake Decorating
In this class we will use icing to create a masterpiece cake you can serve at your favorite holiday or family party! Some of the classes may require fondant for detail cakes to be brought to class. Check the CC Fitness Center for flyers for the most
6/25 6:00 PM-8:00 PM R $40
8/27 6:00 PM-8:00 PM R $40

Culinary Around the World
Enjoy an evening cooking up tasty creations. Have a blast in the state of the art kitchen while preparing an appetizer, entrée, and dessert. Enjoy your creations family-style as you conclude your evening. Classes are held at the Culinary Academy
6/19 6:00 PM-9:00 PM F $30
7/17 6:00 PM-9:00 PM F $30
8/21 6:00 PM-9:00 PM F $30

Paint and Wine Party
Paint and Wine Party! The ultimate night out for anyone wanting to practice your painting skills with your favorite bottle of wine! All painting equipment provided. Feel free to bring your favorite bottle of wine and leave with your own personal masterpiece. Check out CEU’s website for portrait to be painted. All classes located at the Midwestern State University Museum (next to the MSU lake)
6/19 6:00 PM-8:00 PM F $35
8/7 6:00 PM-8:00 PM F $35

Culinary Around the World
Enjoy an evening cooking up tasty creations. Have a blast in the state of the art kitchen while preparing an appetizer, entrée, and dessert. Enjoy your creations family-style as you conclude your evening. Classes are held at the Culinary Academy at 301 E. 3rd Street in Burk Burnett.
6/19 6:00 PM-9:00 PM F $30 (French)
7/17 6:00 PM-9:00 PM F $30 (Steaks & Sauces)
8/21 6:00 PM-9:00 PM F $30 (Indian)